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Morbidly obese Gitmo prisoner calls for release

Lawyers for Tarek el-Sawah say they are 'very afraid that he could die at any moment' PAGE 7

Munro mostly mum on Nobel Prize win

She sure has a way with words, doesn't she? Short-story master 'surprised' she won literature prize, but describes honour as 'quite delightful' PAGE 9

Harkat 'optimistic' about second appeal

Supreme court. Appeal challenges secret evidence, procedures of security-certificate hearings in case against man accused of al-Qaida affiliations

JOE LOFARO
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Mohamed Harkat answers questions from reporters inside the lobby of the Supreme Court of Canada. JOE LOFARO/METRO

An Algerian-born Ottawa man accused of being an al-Qaida "sleeper cell" agent was at the Supreme Court of Canada Thursday as federal lawyers argued for the court to uphold laws that would deport terrorist suspects.

Mohamed Harkat, a former gas station attendant and pizza deliveryman, was arrested in 2002 under a security certificate. The tool gives Canada permission, on the basis of national security, to deport foreigners without charge.

He was placed on house arrest after spending 43 months in prison.

It was only this past July the Ottawa man was permitted to remove his GPS tracking bracelet from his ankle.

On Thursday he was appealing for the second time the constitutionality of the security-certificate provisions in the Immigration and Refugee Protection Act.

"I hope for the best and I'm still optimistic what's going on so far," said Harkat in the court foyer during a break in the hearing.

In his argument to Canada's highest court, federal lawyer Robert Frater called for government informants to be kept under a veil of secrecy, otherwise "the informants will close up like a clam."

Federal lawyer Urszula Kaczmarczyk also argued for those named in security certificate to receive only summaries of the cases against them, lest sensitive information be divulged.

But what defence counsel is left with is a summary of "bald" allegations, argued Harkat's lawyer, Norm Boxall.

"You must have information and other evidence and it's not just being told the allegation," said Boxall.

"For example, there's an allegation that he went to Afghanistan. When? Where? How? Why?"

Matthew Webber, Harkat's other lawyer, also asked for an exclusion of the original Canadian Security Intelligence Service (CSIS) wiretaps used in building a case against Harkat, which were destroyed in 2009.

The destruction of that evidence is "prejudicial" to his client, said Webber.

Outside the courtroom the foyer was bustling with supporters who came to observe the rare proceeding. Harkat also had the support of his wife, Sophie, during the hearing.

"I'm hoping one day I'm going to clear my name," Harkat told reporters. "I'm telling the Canadian people and the world I'm not part of bin Laden, what they're saying. It will prove itself."

The hearing continues Friday behind closed doors. WITH FILES FROM THE CANADIAN PRESS

Accused terrorist speaks

"I'm telling the Canadian people and the world I'm not part of bin Laden, what they're saying. It will prove itself."

Mohamed Harkat

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François P. D'Aoust

Mayoral candidate in Gatineau arrested twice this week: Reports

A candidate for the mayoral election in Gatineau was fined for a second time this week for causing a disturbance to the public, according to a media report.

Gatineau police said they responded to the bistro Le Troquet at 11:50 a.m. Thursday and arrested a 49-year-old man who was drunk. Police would not confirm a report in Le Droit that the man was mayoral candidate, François P. D'Aoust. D'Aoust was fined $501 on Tuesday for disturbing traffic after he launched his campaign on a Highway 50 median, according to CBC News. Police said when they arrived at the restaurant Thursday the man was sweating, complained of not feeling well and asked for an ambulance.

After paramedics arrived, the man refused treatment and began shouting in the streets that he would be Gatineau's next mayor, police said.

JOE LOFARO/METRO

Amnesty program

Pixels for Pistols

Ottawa police say they'll pick up guns from people interested in trading in their firearms during an amnesty program that began earlier this week.

Police say they've already had three incidents of people wanting to participate in the Pixels for Pistols gun amnesty program, which trades guns for digital cameras brought into police stations.

THE CANADIAN PRESS

Plan Canada gender adviser Nafi Faye and Canadian Olympian Jenn Heil pose on a 3D chalk drawing of a classroom at St. Laurent Shopping Centre. DENIS ARMSTRONG/METRO

Olympian lends girl power to campaign

International Day of the Girl. Education key to breaking cycle of poverty, addressing inequalities

With two-time Canadian Olympic skiing medallist and Plan Canada celebrity spokesperson Jenn Heil showing them how, women and men were jumping in and out of a 3-D art installation at the St. Laurent Shopping Centre Thursday to help mark the second International Day of the Girl on Friday. Chalkmaster Dave Johnston provided the multi-dimensional art installation, and Heil provided distraction for shoppers.

One of Because I Am A Girl's leading ambassadors, Heil has raised more than $1 million for the campaign's educational and health programs, which have benefitted 388,000 women and children in 69 developing countries where opportunities for women are limited.

"I had a dream when I was nine years old to go to the Olympics, and because I got a lot of support from my family, my community and businesses, I was able to achieve it," said Heil. "Community support is critical because every kid has a dream. It truly does take a village to raise a child."

Growing up in Senegal, Nafi Faye, a gender adviser with Plan Canada, said she saw inequities there that women experience every day.

"It's hard to break the cycle of poverty because it's often a part of the traditional way of life," Faye said. "Girls suffer malnutrition because they only eat after the men have eaten their fill. They have domestic responsibilities that men don't have, and because of it, it's challenging for them to go to school and work outside the family. An education means that they are less likely to become pregnant at a young age, and experience violence like genital mutilation, and poverty."

"We work to engage the men and the whole family to support these girls and see their transformative potential."

Shoppers are invited to see the 3-D art at the mall's Roots court until Saturday. Other events for the International Day of the Girl are posted on their website becauseiamagirl.ca.

DENIS ARMSTRONG/METRO

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Cyclists gather to call for improvements to bike lanes

Danielle Nacu Community Bike Ride.
Event marks anniversary of woman's death while cycling in Ottawa

MOLLY AMOLI K. SHINHAT
ottawa@metronews.ca

The "ghost bike" for Danielle Nacu normally sits on Queen Street, marking the spot where Nacu was struck by a car and killed.

On Thursday it was relocated temporarily to the Marion Dewar Plaza, where about 80 cyclists gathered for speeches after a ride from Parliament Hill for the second annual Danielle Naçu Community Bike Ride.

Among the speakers was a cycling-lane advocate who says Ottawa is not doing enough to establish a network of safe bike lanes.

There have been "great improvements" such as the Laurier bike lane, said Mike Napiorkowski, a co-founder of Ottawa Bicycle Lanes Project (OBLP). "But it's piecemeal. It's like building a bridge that goes halfway across a river. It won't be successful."

Founded just two months ago with his wife, Napiorkowski said he hopes the OBLP will be defunct soon because a city-wide segregated bicycle lane network will be a reality.

According to Ottawa's annual Road Safety Reports, one cyclist was killed in a collision in 2011; there were four such fatalities in 2012. So far this year, there have been two deaths.

Hundreds of cyclists sustain injuries every year.

"Ottawa is still a very car-centric city," Napiorkowski said. "Lots of people live in the suburbs, and there are many myths associated with protected bicycle lanes."

A New York City study shows a marked positive economic impact from a new 9th Avenue bicycle lane, he added. As well as a link to that study, the OBLP website has a crowd-sourced incident reporting map.

The OBLP plans to present its online petition to city council in the future.

"I want to be able to take my daughter shopping on a bicycle," Napiorkowski said.

"A safe network would make it more practical and safer for me and many others to do that."

Ottawa Bicycle Lanes Project cofounder Maayke Schurer talks about the project at a podium behind Danielle Nacu's "ghost bike" as her husband, Mike Napiorkowski, and their daughter Yfke look on. MOLLY AMOLI K.SHINHAT/FOR METRO

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Standing against bitumen flow

Andrea Harden-Donahue, energy and climate justice campaigner with the Council of Canadians, and Ben Powless, community organizer for Ecology Ottawa, stand with the Council of Canadians display outside the Johnny Leroux Stittsville Community Arena, the site of an information open house hosted by TransCanada on Thursday. The pair were among a group of protesters who attended the session in opposition to TransCanada's proposal to reverse the flow of a pipeline that runs through Stittsville and use it to ship tarsands bitumen to a refinery in Montreal. JOHN CURRY/METROLAND NEWS SERVICE

Woman shot in back

Cops seeking man responsible for pellet gun drive-by

Ottawa police are looking for a male suspect who they believe shot a female pedestrian with a pellet gun in Orleans on Monday.

Police say the incident happened near the intersection of Tenth Line Road and Des Épinettes Avenue at approximately 12:15 p.m.

A man in the passenger seat of a passing car shot the woman in the back, according to police. She sustained minor injuries.

The car is described as a newer model silver Honda Civic.

Anyone with information is asked to contact police at 613-236-1222 ext. 3566, Crime Stoppers, or toll free at 1-800-222-8477.

JOE LOFARO/METRO

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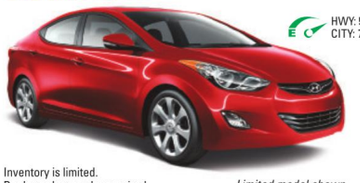

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Canadian animals hooting their horns for wildlife event

Celebrating nature. Metro's Ottawa office had a talon-ted special guest on Thursday ahead of the 50th anniversary of Who's Who public-service announcements

Spokes-owl

"She can't be released.... Even though her shoulder and wing have recovered, she's not strong enough for sustained flight."

CWF spokesperson Jody Gienow, on recovering six-year-old owl Luna

MOLLY AMOLI K. SHINHAT
ottawa@metronews.ca

Six-year old Luna, a Saw-Whet spokes-owl for the Hinterland Who's Who (HWW), will be one of the wild animals on hand to celebrate the vignettes' 50th anniversary on October 14 at Gatineau Park Visitor Centre.

It is all in aid of the Canadian Wildlife Federation (CWF), which supports Canadian wildlife and public education programs about keeping the wild in the wild.

Produced by the National Film Board and the Environment Canada Wildlife Service, the HWW vignettes began in the 1960s and 1970s.

Commissioned by the CWF, they were 60-second scenes about wildlife species across Canada, to promote viewers' interest in our native species. Originally, like the Heritage Minutes, they were broadcast on television during programming breaks.

The CWF resurrected the series in the 2000s.

Luna's shoulder and wing were injured when she flew into a clothesline in Peterborough. A rescued bird, she has now become a "teaching animal" that the CWF uses to animate sessions with the public.

"She can't be released," Jody Gienow, a CWF spokesperson said.

"Even though her shoulder and wing have recovered, she's not strong enough for sustained flight." And there are other health concerns.

"If you give a live mouse to a predator, it's going to fight," Gienow added. "And then injuries can occur. A mouse is bigger than Luna's head."

Luna is fed dead mice.

Despite kids' dreams to have their own Hedwig, Gienow emphasized that owls are not good pets at all.

In 2011, Luna inadvertently did her bit for her kind. She starred in controversial Telus ads.

With others, her species was threatened by the skyscrapers Telus leased in Toronto, according to the Fatal Light Awareness Program, a Toronto-based bird conservation group.

"And who knows?" Gienow said. "She may yet star in her own HWW."

Jody Gienow, a Canadian Wildlife Federation spokesperson, holds out her hand as Luna, a Saw-Whet owl, flaps her wings. SEAN MCKIBBON/METRO

Public-service announcements

According to its website a series of new Hinterland Who's Who public-service announcements in both English and French is on its way.

- They feature the polar bear , the monarch, the leatherback sea turtle , and the loon.
- There are four 30-second vignettes that are comparable to the original classic and four 60-second segments that have an on-air host geared toward younger audiences.

Six-year-old Luna the owl mugs for the camera. SEAN MCKIBBON/METRO

Luna's surprisingly sharp talons. SEAN MCKIBBON/METRO

400-plus pounds. Obese prisoner at Guantanamo appeals for release

Tarek El-Sawah is in terrible shape after 11 years as a prisoner at Guantanamo Bay, a fact even the U.S. military does not dispute.

During his time in captivity, the weight of the 55-year-old Egyptian has nearly doubled, reaching more than 420 pounds at one point, and his health has deteriorated as a result, both his lawyers and government officials concede.

Lawyers for El-Sawah, and the doctors they have taken to Cuba to examine him, paint a dire picture — a morbidly obese man with diabetes. He is short of breath, barely able to walk 10 feet. His lawyers hope to have him released.

Tarek El-Sawah in an old family photo. AP

"We are very afraid that he could die at any moment," said Lt. Col. Sean Gleason.

THE ASSOCIATED PRESS

Azerbaijan

President wins landslide before winning landslide

Something funny happened the day before Azerbaijan's presidential election: The election commission announced the winner.

On Tuesday, the smartphone app of the Central Election Commission released the results of Wednesday's vote, showing President Ilham Aliyev winning 73 per cent of the vote.

The gaffe was said to have happened when a software developer released the figures as a "test." In the real results Aliyev won by 85 per cent.

THE ASSOCIATED PRESS

Libya's PM abducted for several hours

Brazen seizure. Prime Minister Ali Zidan abducted by gunmen in retaliation for a U.S. raid that captured an al-Qaida suspect

The abduction was brief but still audacious: Gunmen from one of Libya's many militias stormed a hotel where the prime minister has a residence and held him for several hours Thursday — apparently in retaliation for his government's alleged collusion with the U.S. in a raid last weekend that captured an al-Qaida suspect.

The brazen seizure of Prime Minister Ali Zidan heightened the alarm over the power of unruly militias that virtually hold the weak central government hostage. Many of the militias include Islamic militants and have ideologies similar to al-Qaida's.

The armed bands regularly use violence to intimidate officials to sway policies, gunning down security officials and kidnapping their relatives.

At the same time, the state relies on militias to act as security forces, since the police and military remain in disarray after dictator Moammar Gadhafi was overthrown and killed in 2011.

The militias are rooted in the brigades that fought in the uprising and are often referred to as "revolutionaries."

Not only was Zidan abducted by militiamen who officially work in a state body, it took other militias to rescue him by storming the site.

THE ASSOCIATED PRESS

Militias control much

The raid underscores the lawlessness gripping Libya.

- The weak central government is virtually hostage to multiple, independent-minded militias — many of them made up of Islamic militants — that serve as security forces and hold sway across the country.
- The armed bands regularly use violence.

Libyan Prime Minister Ali Zidan, left, at a press conference after being rescued from gunmen early Thursday. THE ASSOCIATED PRESS

A one in a lifetime pilgrimage

A man with his prayer beads waits for the noon prayers near the Grand Mosque in the Muslim holy city of Mecca, Saudi Arabia, Thursday. Every Muslim is required to perform the Hajj, or pilgrimage to Mecca at least once in their lifetime, if they are able.

AMR NABIL/THE ASSOCIATED PRESS

Heartbreak in B.C. trailer park

Surrey. City has issued three orders to restore power; phone and water lines cut

KATE WEBB
Metro in Vancouver

It's been nearly four weeks since a contractor accidentally knocked out power to a Surrey, B.C., trailer park, and longtime resident Stephen Chalmers says every day is more miserable than the last.

He says surviving the chilly nights in his leaky 1989 trailer has pushed him from a fragile state into a deep depression.

"I phoned my sister yesterday and I told my sister that I didn't know if I could continue," he said on Wednesday, choking on tears. "My family don't quit, but I'm ready to quit. I don't have money. I don't have a roof or a place because this hunk of junk."

NDP MLA Sue Hammell toured the Beladean Motel and Trailer Park, where seven or so residents still live, and said the conditions are heartbreaking. Not only is the power out and the generator service unreliable, but someone has cut the phone lines and a water pipe

"The pipe that delivered their water was cut, and it did not appear to be cut by the excavation, it appeared to be cut by other people, scroungers probably trying to get metal or cable," she said, adding the tenants fixed the water pipe themselves.

WorkSafeBC found owner K.B. Properties failed to hire a health and safety co-ordinator for demolition of the motel, resulting in unsafe asbestos removal and the power outage.

Jas Rehal, manager of bylaw enforcement, said the city has had to issue three orders to restore power after the company brought in insufficient generators and gas.

As of Thursday, the property was listed online as vacant land for sale for $3.9 million, despite the fact people still live there.

Vancouver Eviction Services president Stephano Muzzatti, who was hired by K.B. Properties to evict some of the residents, told Metro he was "irate" when he learned of the state of the park. On Thursday, he threatened to resign unless the owners provide an industrial generator and a security guard to stop looters and vandals.

Reached by phone Thursday, Roshan Arora, who is the property owner's brother and representative, said he was out shopping for an industrial generator as requested.

"After a couple of days, things will be OK," he said, when asked when the power would be restored.

That is no comfort to Chalmers, who is on disability due to mental health issues and is a recovering crack addict, clean for five years. His one comfort, his dog Spaghetti, is with a friend so she doesn't drink water leaking from his ceiling.

"I don't have a way to live a normal life at this point in time. I've done everything I can for myself to get better and it makes me feel like I'm an inconsequential piece of garbage that nobody wants to help, and I don't understand that.

"I just want a trailer that I can park on a place and pay my rent and have my little dog so I've got somebody to love."

Heartbreak motel

Marilyn Chase is desperate to help her brother, Stephen Chalmers, find a new home. She has started a crowdfunding campaign on FundRazr with Metro's help.

- Most parks won't accept him as his 1989 trailer is too old and lacks proper certifications. Chase is trying to raise $5,000 to get him a used but newer one.
- **To donate, visit** metronews.ca/newtrailer.

Stephen Chalmers is desperate to escape the Beladean Motel and Trailer Park in Surrey. JENNIFER GAUTHIER/METRO

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Iran

Toronto man freed from death row back in Canada

The Department of Foreign Affairs says an Iranian-Canadian man who was on death row in Tehran has returned to Canada.

Hamid Ghassemi-Shall had been in an Iranian prison since he was arrested in 2008 and charged with espionage until he was freed last month.

Ghassemi-Shall, who emigrated from Iran after that country's 1979 revolution, was sentenced to death in 2009.

The Toronto shoe salesman had made several trips back to visit family without incident before his arrest in 2008. THE CANADIAN PRESS

Montreal

Police crack down on pipeline protest march

Police moved to block a few dozen protesters from marching in Montreal near the site of hearings for a pipeline project.

The protesters oppose the proposal by Enbridge to reverse the flow of a pipeline to send oilsands crude eastward. The plan is being examined at hearings this week in Montreal by the National Energy Board.

Montreal police declared the protest illegal. After tolerating the march for several blocks, they stepped in to stop it. Protesters were detained, shoved aside or penned up in a kettle.
THE CANADIAN PRESS

Yukon

Hunter bags huge moose – but is it the biggest?

A hunter may have bagged the biggest bull moose to ever wander the wilds of the Yukon.

Heinz Naef says he brought down an Alaska-Yukon bull moose with a preliminary antler measurement of about 177 centimetres long with an antler score of 262, which measures length, width and size of the antlers and the palms.

Officials from the U.S.-based ranking system Boone and Crockett will travel to Dawson City in a few weeks to officially measure the moose.
THE CANADIAN PRESS/CKRW

Munro 'surprised' and delighted by Nobel win

'Quite wonderful.' Reclusive 82-year-old short-story writer only the 13th woman to win the literature prize

Book lovers around the globe celebrated Alice Munro's spare, elegant prose on Thursday when the Ontario-born author won the Nobel Prize for literature, but the reclusive short-story writer was typically succinct and humble in her reaction to the honour, calling it "quite wonderful."

"At this moment I can't believe it. It's really very wonderful," Munro said just moments after the announcement was made in Stockholm.

"I knew I was in the running, yes, but I never thought I would win." She added that she was delighted and "just terribly surprised."

In making the announcement, the Swedish Academy lauded the 82-year-old as a "master of the contemporary short story." Munro becomes the 110th Nobel laureate in literature and only the 13th woman to receive the distinction.

Reaction to those who have been touched by her work was swift and rapturous.

Ontario Premier Kathleen Wynne cited Munro's Lives of Girls and Women as a favourite, adding she is "part of a lucky population who has been forever changed by (Munro's) unparalleled ability to articulate the complexity and heartbreaks of everyday life."
THE CANADIAN PRESS

Customer Greg Caws holds a copy of Alice Munro's latest book Dear Life at Munro's Books in Victoria, B.C., Thursday following the news that Munro won the Nobel Prize for literature. Inset: Alice Munro at a press conference at Trinity College in Dublin in 2009. CHAD HIPOLITO/THE CANADIAN PRESS; PETER MORRISON/THE ASSOCIATED PRESS FILE

Earned it

"I think my first thought was 'Finally.'"
Toronto-based writer Wayson Choy

Deserved it

"(Munro) deserves (the Nobel) more than anybody."
Novelist, short-story writer Marina Endicott

Emotional

"I thought, 'Oh, that's just marvellous.'"
Winnipeg novelist David Bergen, who "got all teary-eyed" when he heard the news

Assisted suicide. Despite setback in court, activists say they won't give up

The debate over doctor-assisted suicide seems destined once more for the Supreme Court of Canada after advocates suffered a setback Thursday in the provincial courts.

B.C. Civil Liberties Association litigation director Grace Pastine, centre, leaves the B.C. Court of Appeal with Hollis Johnson, left, and his wife Lee Carter Thursday. DARRYL DYCK/THE CANADIAN PRESS

B.C.'s Court of Appeal has reversed a lower court ruling that said Canada's assisted-suicide ban violated the charter rights of gravely ill Canadians.

B.C. Civil Liberties Association lawyer Grace Pastine stood with plaintiffs Lee Carter and Hollis Johnson — whose mother, Kay Carter, fought for the right to die in Canada before obtaining an assisted suicide in Switzerland in 2010 — outside the courthouse Thursday to announce they're not giving up despite the judgment.
MATT KIELTYKA/METRO/
WITH FILES FROM THE CANADIAN PRESS

New Brunswick. Former politician given 18 years in child sex-abuse case

A former municipal politician and youth worker in Saint John, N.B., abused his position of trust to sexually abuse and make pornographic images of boys for 12 years, a provincial court judge said Thursday as he sentenced Donnie Snook to an 18-year prison term.

Snook, who pleaded guilty in May to 46 charges including sexual assault and possessing, distributing and making child pornography, showed no emotion as he was led away in handcuffs.

His crimes, which began in January 2001 and went on until his arrest in January of this year, involved 17 boys, most of whom were from the Saint John area and between the ages of five and 15 at the time of the offences.

"It's important for the victims to know that it was not their fault," said provincial court Judge Alfred Brien, adding that many of Snook's victims declined counselling.

"Regretfully, not all of the victims have come to terms with their abuse."
THE CANADIAN PRESS

Egypt. Two Canadians held without charge cleared to leave country

Egypt's foreign ministry said Thursday a travel ban has been lifted for two Canadians who were barred from leaving Egypt following several weeks of imprisonment.

Badr Abdel-Atty, Egypt's foreign ministry spokesman, said the pair has been cleared to leave Egypt "within hours."

"The prosecutor general has informed us that they are free to leave the country after the accusations against them were dropped," Abdel-Atty said, adding that the prosecutor has ended the interrogation with the Canadians and has decided to cross their name out from the list of those banned from travelling.

He said instructions have been conveyed to ports and the interior ministry to remove their names from the list of people banned from leaving the country. THE ASSOCIATED PRESS, WITH FILES FROM THE CANADIAN PRESS

Quoted

"We look forward to seeing these two Canadians return home shortly."
Adria Minsky, spokeswoman for Canada's junior foreign affairs minister

Amy Trick:
Building a special bond

PETER DOYLE
For Metro

"I volunteered for the Big Sisters program because I wanted to make a difference in someone's life," Amy Trick said. "Now I recognize that it's also done a lot for me."

Trick was still in university when Big Brothers Big Sisters Ottawa (bbbso.ca) matched her with nine-year-old Kristina Malovic. When they first met, Kristina was keen on gymnastics and challenged Trick to do the splits, something Trick hadn't tried in years.

"I was in jeans and couldn't get all the way down," Trick said. "But Kristina just laughed, jumped up and did the middle splits, which made me laugh, and some kind of bond formed between us."

The bond has grown stronger over the years, and the two continue to spend time together regularly. There is no particular pattern to their get-togethers — they will skate, hike or swim, go to a movie or show, and have even tried knitting and cooking together.

"Ultimately, it's just about being together, talking and listening," Trick said.

Kristina's mom, Juliet Haynes, appreciates what the match has meant for her daughter. With four children at home, and a single parent for more than a decade, she recognizes that Trick has introduced her daughter to a world of opportunities.

"Amy has helped Kristina develop self-confidence and self-esteem," Haynes said. "Through Big Sisters, Kristina has been able to experience so much that she would never have been able to otherwise."

Big Brothers Big Sisters connects volunteers who are willing to spend time with a young person on a regular basis, typically about an hour per week. The Ottawa chapter, active for more than 40 years, provides whatever professional support, such as training, is required. Research demonstrates that children who have this type of mentoring are more likely to stay in school and stay out of trouble.

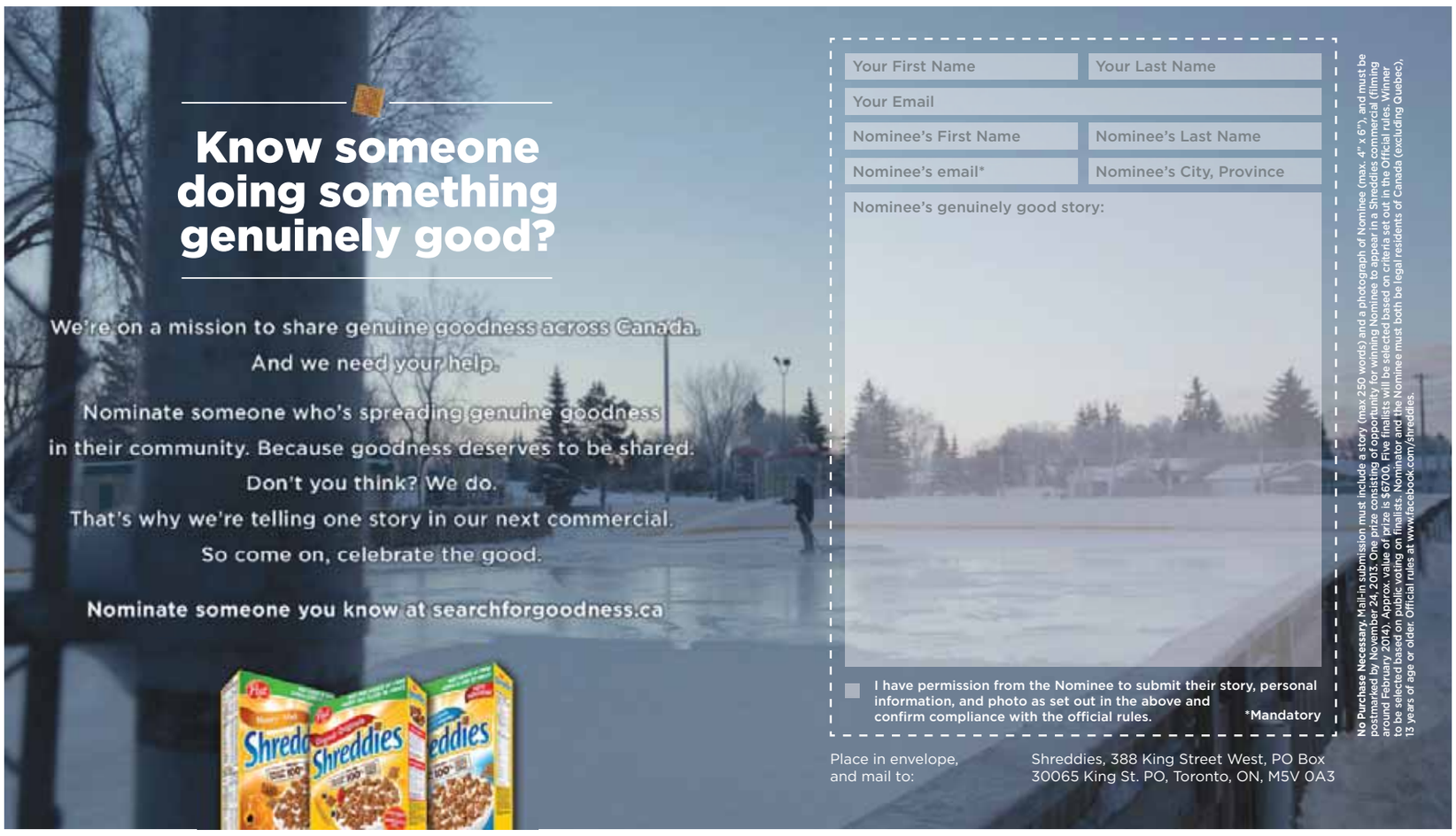
Friendship

"Ultimately, it's just about being together, talking and listening."
Amy Trick

"Originally, I knew Kristina would benefit from the extra one-on-one time with a caring adult," said Trick, now an elementary school teacher. "And it enabled me to be a bit of a kid again. As we've grown older, though, the difference in our ages has mattered less and less."

"Amy has certainly been a good role model for me," said Kristina, now in Grade 11. "And we still have a good time together."

Kristina Malovic, left, and Amy Trick met through Big Brothers Big Sisters Ottawa. CONTRIBUTED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Your First Name
Your Last Name
Your Email
Nominee's First Name
Nominee's Last Name
Nominee's email*
Nominee's City, Province
Nominee's genuinely good story:
I have permission from the Nominee to submit their story, personal information, and photo as set out in the above and confirm compliance with the official rules.
*Mandatory
Place in envelope, and mail to:
Shreddies, 388 King Street West, PO Box 30065 King St. PO, Toronto, ON, M5V 0A3
No Purchase Necessary. Mail-in submission must include a story (max 250 words) and a photograph of Nominee (max. 4" x 6"), and must be postmarked by November 24, 2013. One prize consisting of opportunity for winning Nominee to appear in a Shreddies commercial (filming around February 2014). Approx. value of prize is $6700. Five finalists will be selected based on criteria set out in the Official rules. Winner to be selected based on public voting on finalists. Nominator and the Nominee must both be legal residents of Canada (excluding Quebec), 13 years of age or older. Official rules at www.facebook.com/shreddies.

Dropcam Pro. Want to spy on your kids or nanny? It will cost you ... in data

There's another reason to fret over your Internet plan's data cap — at least for consumers who are interested in the new Dropcam Pro, a camera that beams live video from your home onto the Internet and offers a PVR-like experience to watch it through a website or mobile app.

Think of it as an Apple-esque nanny cam. It's a slick, easy-to-use device that lets parents keep an eye on their kids or pets while at work and functions as a security camera that can automatically store video online. It isn't terribly expensive for how well it works. But there's a catch. It may gulp through more than 65 gigabytes of data a month if left running 24/7. THE CANADIAN PRESS

Hungry, hungry camera

65

The newest version of the camera, which was made available in Canada for the first time on Thursday via Dropcam.com and Amazon.ca, may gulp through more than 65 gigabytes of data a month if left running 24/7.

New way to waste time

Watching TV on your smartphone just got easier

A new gadget lets you watch TV on your phone or tablet without a blocky attachment.

Audiovox's "mobiletv" gizmo allows you to pick up free TV signals and watch them on Apple and Android mobile devices without eating into your cellular data plan. The accessory doesn't have to be attached to the mobile device physically. Previous mobile TV antennas could hang precariously from the charging port. THE ASSOCIATED PRESS

Will the real Glenn Rogers please stand up?

#$@* you, Rogers!

Aussie transplant with @Rogers Twitter handle shrugs off misdirected online ire during outage

LUKE SIMCOE
Metro Online

Glenn Rogers
@rogers
CEO of @floatschedule - Team scheduling done right. An Aussie living in Brooklyn.
Brooklyn, NY · floatschedule.com

Glenn Rogers of Brooklyn, N.Y., has the @Rogers handle on Twitter. TWITTER

When Glenn Rogers's cellphone started vibrating uncontrollably Wednesday, he knew the cause immediately.

"Nothing like another Rogers outage to liven up my feed," he tweeted.

Glenn is the proud owner of the @rogers handle on Twitter. On most days, the Brooklyn resident receives only 100 or so messages from confused Rogers Communications customers, but during Wednesday's three-hour network outage, his Twitter feed exploded.

"It's almost instantaneous," the human Rogers said. "The moment people lose their Internet or their phone, they take to Twitter to voice their rage."

Canadian Rogers customers bombarded Glenn with misplaced abuse, much of it unfit for print. However, in between all the swearing and name-calling, plenty of others jumped to his defence.

Toronto's Real Jerk Restaurant even offered him a free meal if he ever came to the city.

"The people who see the situation for what it is really get a kick out of it," he said. "And it's great to see people defending me without even knowing me."

Glenn gets a similar deluge three or four times a month, but said Wednesday's was the largest he's ever seen. Despite being the inadvertent target of so much ire, the jovial Australian expat just laughs it off.

Send your Twitter rage here

Note: Direct any real complaints to Rogers Communications to @RogersHelps

Rogers CEO

Software problem behind network failure

Rogers Communications says it has fixed a network software problem that temporarily shut down text and phone service to about two-thirds of its 10 million cellphone customers.

Rogers and Fido postpaid cellphone customers, those on a contract and who pay monthly, will receive a credit on their bills for one day of service because of the outage. THE CANADIAN PRESS

Opts for refurbishments

Ontario kills plan for two new nuclear plants

Ontario's Liberal government on Thursday abandoned plans to spend billions of dollars to build two new nuclear reactors, saying the province doesn't need the power to meet its electricity demand.

The province will go ahead with the refurbishment of existing nuclear reactors at Bruce Power near Kincardine and the Darlington Nuclear Generating Station in Clarington. THE CANADIAN PRESS

Sweet news

Hershey's has new soft caramel line

The Hershey Co. is launching a new candy brand, its first new brand in 30 years, a soft caramel creme line called Lancaster. And for the first time it is taking a double barrelled approach, debuting the candy in the U.S. and China. THE ASSOCIATED PRESS

Study: 1 in six new medical specialists can't find work

The findings are startling, given years of complaints about doctor shortages and long wait times for surgeries. But a new report suggests that nearly one in six recently minted medical specialists cannot find work in their field.

And one in five of the new specialists reported taking a series of short term fill-in posts — locums, in the lingo of medicine — to stay working.

Physicians who reported having trouble finding work included urologists, critical care specialists, gastroenterologists, ophthamologists, orthopedic surgeons and general surgeons, though doctors from other sub-specialties were also unemployed.

Steven Lewis, a health policy consultant based in Saskatchewan, suggested the report is proof reactive moves made over the last 15 years or so solved one problem by creating another. And he said the situation the report captures will only get worse, because medical schools will continue to graduate specialists at current levels for the next few years at least.

"I think that there is no question that ... almost doubling medical school enrolments since the late 1990s combined with easier paths to licensure for international medical grads was the wrong thing to do. We didn't think it through as a country," said Lewis, who was not involved in this study. THE CANADIAN PRESS

In the know

The report is based on a survey of over 4,000 newly graduated doctors and interviews with other experts.

Good news ...

BlackBerry's saviours could be original founders

BlackBerry co-founders Mike Lazaridis and Douglas Fregin are looking at making a potential takeover bid for the troubled smartphone maker. The pair have "the goal of stabilizing and ultimately reinventing the company." THE CANADIAN PRESS

... Bad news

Smartphone maker shutting Halifax offices

Embattled tech giant BlackBerry announced the closure Thursday of its offices in the Halifax area, eliminating more than 300 high-paying jobs as part of a global push to cut costs. THE CANADIAN PRESS

Behind the curve

SOS: Canada's 911 system needs help, says CRTC

Canada's patchwork system of 911 services needs to fix the problems it currently has — such as accurately locating cellphone callers — before new ways such as texts or social media can be used to call for help, a CRTC report says. THE CANADIAN PRESS

Pols keep toying with U.S.

A President Barack Obama toy peers from Teri McClain's rain gear as she listens during a rally to end the government shutdown, Thursday on Capitol Hill in Washington. House Speaker John Boehner told Republican lawmakers Thursday he will give President Obama a proposal extending the government's ability to borrow money through Nov. 22 — but only if he agrees to negotiate over ending the partial government shutdown and a longer-term increase in the debt ceiling.

LUIS M. ALVAREZ/THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.19¢ (-0.02¢)

TSX 12,894.41 (+164.08)

OIL $103.01 US (+$1.40)

GOLD $1,296.90 US (-$10.30)

Natural gas: $3.74 US (+6¢)
Dow Jones: 15,126.07 (+323.09)

SECOND BIG BANG THEORY CONFIRMED

THE METRO LIST

Mike Benhaim
metronews.ca

1 C'est la vie. Claire Le Bel, mayoral candidate of Laval, the city just north of Montreal, is requesting police protection after her campaign manager was assaulted. The attack followed the release of recorded conversations with her former boss and long-time mayor, Gilles Vaillancourt. Vaillancourt is currently facing criminal charges for "gangsterism," or as it's called in Montreal, "politics."

2 Sexy thangs. Esquire magazine named Scarlett Johansson the sexiest woman alive for the second time. While many of us agree that she is sexy, the title of "sexiest" is very subjective. A tip to men choosing to engage in public controversy, the correct answer should invariably be (insert name of wife or girlfriend here).

3 Splitsville, U.S.A. Bruce and Kris Jenner have officially separated. With no pre-nuptial agreement in place, the enterprising Kardashian baby-mama is likely to pack a huge financial punch. My advice to the Olympian: Better eat your Wheaties before the milk runs out. Divorce proceedings can be seen on Fox.

4 Till you drop. A study released by the National Academy of Sciences this week uncovered the mystery of marsupial male deaths after mating. Apparently the female only accepts male suitors once a year for the sole purpose of reproduction. This encourages competition in males who save their sperm and energy for something of a "big bang marathon," which lasts for 12 to 14 hours and repeats several times until they eventually die of stress. They needed a study for this?

5 Hockey Night in Canada. Note to women: Attempting unscheduled discussions expecting more than a monosyllabic response from spouses during NHL games is considered interference and will result in a penalty. Note to husbands: Invoking said penalty may result in changes to the mating schedule (see number four).

6 Say what? A Nobel Prize in physics was awarded to Peter Higgs and François Englert for discovering the Higgs boson, a.k.a. "the God particle," which confers mass to elementary particles. This is controversial because several physicists experienced simultaneous breakthroughs. Some scientists were upset and considered taking it before the courts until their lawyers explained that no one would understand what the heck they were talking about.

7 In the mix. Red Bull's Thre3style National DJ Finals were held last Sunday at Cowboy's Dance Hall in Calgary. The crowd was treated to some funktastic sets by eight of Canada's finest. Quebec's Adam (Doubleyou) White won the honour of representing Canada at the world finals, which this year will be held in clubs across Toronto from Nov. 4 to 9. Book your spot at redbull.ca/3styletickets.

8 This week in music. On Oct. 9, 1975, Sean Lennon, the only child of John and Yoko, was born, prompting the former Beatle toward a musical hiatus in favour of being a full-time father and husband. Sean went on to become a singer, songwriter, musician and actor. Oh, also born on Oct. 9 ... John Lennon.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Berlin is looking bright these days

BRITTA PEDERSEN/DPA/THE ASSOCIATED PRESS

Shining city tells many stories

The installation Waechter der Zeit (Guardians of the Time) stands in front of the Berlin Cathedral during the festival of lights.

The festival of lights illuminates numerous famous landmarks, streets, squares and hot spots in the German capital through Oct. 20. In addition to the light exhibits, the festival holds many events and musical performances all connected by the light theme.

THE ASSOCIATED PRESS

One of the largest of its kind

2 million

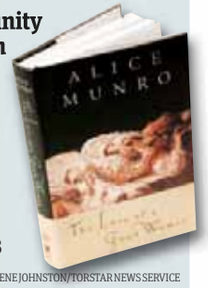
visitors flock to the event, now in its ninth year, and the city sees an additional 600,000 people come from out of town. The festival has garnered international attention and is now one of the largest light festivals in the world.

Lamps shaped as ships are seen in a water basin next to Potsdam Square, Berlin. THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Thursday gave us all an opportunity to puff with patriotic pride when it was announced that national treasure Alice Munro had won the 2013 Nobel Prize for literature. So whether you want to read Munro's work for the first time, or are interested in checking out some other short story writers, here's a few good places to start.



RENE JOHNSTON/TORSTAR NEWS SERVICE

The New Yorker:

Let's start with the master herself. The New Yorker is one of Alice Munro's unofficial homes, and the archive on their website is a treasure trove of her work that reaches back through the years. Many of them are locked behind a subscriber paywall, but it'll be a long time before you run out of free content. (newyorker.com)

East of the Web:

Feel free to pluck a story out of the thousands available from professional and amateur in whichever genre you choose — provided your tastes aren't hopelessly niche. The sci-fi collection is particularly robust. (eastoftheweb.com)

Bibliofaction:

Another huge depository à la East of the Web, except buoyed by a strong and supportive community that we've heard can be quite helpful to aspiring short story authors ready to begin building their own case for a Nobel Prize. (bibliofaction.com)

Twitter

@metropicks asked: An NYC restaurant forbids chit chatting while dining. Would you eat there?

@BVAssociation: The food better be outstanding to earn our silence and increased attention.

@BrianObie1: this is nothing more than a ploy to get people in and out quickly and make more $$$$

@chantalehoney: that sounds wonderful! My kids talk so much, I'd love a quiet meal!

@BlakeHusky: Finally, a restaurant I can take my mother-in-law to.

@serpentina66: ew. All you'd hear is smacking, slurping, chewing, and loud swallowing.

@Lalu31: I wouldn't. Soup slurping, forks scraping against plates, and general chewing sounds would be heightened in silence!Need convo

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Synopsis

Based on the true story of Captain Richard Phillips (Tom Hanks) who took on a routine voyage around the Horn of Africa in April 2009 when his ship was attacked by Somali Pirates led by Muse (Barkhad Abdi). "Nobody gets hurt," Muse says. "It's just business." But business turns violent when it becomes clear the million-dollar payday Muse and company were expecting isn't going to pan out. As the situation escalates Phillips is taken aboard a life raft, kidnapped, bound for Somalia where he'll be held for ransom.

- Richard: ●●●●○
- Mark: ●●●●○

Tom Hanks is a mix of heroic and stoic in Captain Phillips. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Captain with a hook

Pitted against pirates. Tom Hanks puts forth a powerful performance in the spellbinding Captain Phillips

Richard: Mark, I don't think it's fair to charge audiences full price for screenings of Captain Phillips. While watching this I was reminded of the old Monster Trucks ads that bellowed, "You pay for the whole seat but you'll only need the edge!" Director Paul Greengrass is a master of action who does a great job of portraying the vastness of the ocean and the isolation of the ship and its crew. I was dangling off the front of my seat from about the 30 minute mark. You?

Mark: Yes, in fact I was so on edge I have a slice-mark across my butt. I was so grateful the movie doesn't waste a lot of time going into the backstories of the crew. The pirates arrive quickly and brutally. I was worried we'd have to endure a lot of bleeding heart nonsense about the pirates and their "point of view." But that is kept to a minimum and the bad guys get to be bad guys and Tom Hanks, once again, can be a saint among men.

RC: I thought Hanks was terrific here. He is saintly, but he's also heroic and stoic. I think it might have been easy to overplay this role but he keeps it subdued for the most part. (SPOILER ALERT) It's only in the film's final moments, when the ordeal is over, that Hanks really unloads with the kind of raw and shell shocked reaction that the Academy is going to love.

MB: The Academy may also love the Somali pirate captain, Barkhad Abdi, who goes toe to toe with Hanks through the whole movie. I haven't seen such a scary, haunting face since the days of German Expressionist cinema! The movie is riveting, but it isn't surprising. There's only one way this movie can end and it should be obvious halfway through. That having been said, I have no fingernails left.

RC: Abdi is great. This is an action movie and as written he is primarily a plot device to keep the action moving forward, but despite an underwritten part he brings some humanity to the villain role. His explanation for his way of life, that he is a victim of limited opportunity and not a bad man, helps place his actions in context.

MB: Greengrass has passed this way before, in United 93. But this is a lesser known story, so it's easier to tense up and enjoy it.

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metro

Mother knows best, so they say, but the truth is there's only a delicately placed 'S' separating 'mother' from 'smother'. With the remake of Stephen King's Carrie on the horizon, Metro opted to use poor Carrie White (Chloe Grace-Moretz in the new version) and her operatically toxic relationship with her wild-eyed monster of a mom Margaret(Julianne Moore) as the inspiration for a brief list of other great cataclysmic mother/child relationships in filmed entertainment. Here's a few of our faves.

CHRIS ALEXANDER

5 Truly mad mothers

Psycho (1960)

Though we never actually see Norma Bates in Hitchcock's seminal mama's boy horror classic, her presence dominates the film just as much as it dominates her boy Norman's fevered, homicidal imagination. Much later, Olivia Hussey would illustrate the grimy, borderline incestuous relationship in Psycho IV and recently TV's Bates Motel explored the increasingly dangerous mother/son stew with the aid of actress Vera Farmiga. Psycho's infamous shower sequence deftly seals the obsessive parental relationship in the most explicit way possible.

Wild at Heart

David Lynch's outrageous, ultra-violent road movie/romance/horrorshow stars Laura Dern and her real-life mother Diane Ladd as white-trash belles whose sickening closeness decimates all. When Dern runs away with her lover (Nicolas Cage at his best), Ladd turns into the wicked witch, sending murderers after them while rapidly losing whatever tenuous grip on sanity she may have had. Watch out for the scene of Ladd in full face lipstick, screaming at the fates. Chilling stuff.

Mother's Boys

This underrated thriller sees Jamie Lee Curtis as a mom who leaves her brood, only to return years later. When her husband spurns her affections for a new lover, Curtis goes insane, harassing the family, committing murder and brainwashing her conflicted elder son into acting out her psychotic intent. Brace yourself for the nail-biting and emotionally upsetting climax.

Mommie Dearest

Faye Dunaway channels a distortion of actress Joan Crawford in this accidental camp classic, an adaptation of the same named biography penned by Crawford's daughter. In it, the boozy, ballistic single mother terrorizes, tortures, browbeats and physically attacks her poor offspring in encounters so over-the-top they breach the level of cartoon. Watch out for the bit in which a histrionic Dunaway performs an unwelcome haircut on her screaming kid.

Boardwalk Empire

Prime time has never seen the likes of devil-mama Gillian Darmody, played with desperate seduction by the gorgeous Gretchen Mol in the hit HBO series. Darmody uses sex as a weapon to manipulate and maneuver her son Jimmy through a vile underworld that eventually destroys him. She also sleeps with her child. But such antics are only the tip of this black widow's scheming iceberg. Beware the lethal heroine/bathtub encounter in season three.

The right kind of mom

"I've never played a perfect mother. They're well-meaning, but definitely not perfect. So they know from that and that's why (they cast me)? That's nice, I'm glad they're thinking of me. I'm glad they grew up and started making good movies, that's nice. I'll be part of that, please."

Catherine O'Hara on an entire generation thinking of her as a bad mother, thanks in large part to her role as forgetful mom Kate McAllister in Home Alone 23 years ago. She continues the trend with a pair of films this fall, A.C.O.D. and The Right Kind of Wrong.
NED EHRBAR, METRO WORLD NEWS

Paulson's petty, villainous role

12 Years a Slave. Actress says Mistress Epps is her most violent role to date and she doesn't plan on going that dark again

NED EHRBAR
Metro World News in Hollywood

Sarah Paulson is the petty, defensive Mistress Epps in 12 Years A Slave. CONTRIBUTED

Sarah Paulson goes to some impressively dark, violent places in director Steve McQueen's brutal and arresting 12 Years a Slave as Mistress Epps, the petty and defensive wife of Michael Fassbender's malicious plantation owner. And to think, "Michael Fassbender's wife" sounds like such an appealing job description.

This isn't what you imagined being married to Michael Fassbender would be like, is it?
It sure isn't. Every single person asked me when I told them. They were like, "What are you going to do?" And I told them, "I'm doing this movie 12 Years a Slave. I play Michael Fassbender's wife." And before I got to the part about what it's about, they were like, "Wait, wait, wait. Do you get to kiss him?" And I was like, "Ah … it's not that kind of movie, so unfortunately no." But from an acting standpoint it's everything I could've hoped for.

It's remarkable that even with this big of an ensemble you still get a chance to make your impact. What was your route into understanding your character?
I didn't want to judge her, even though I think she behaves despicably and does indefensible things, without question — and I'm not looking to justify her behaviour on her behalf. But in terms of an actor trying to find a way into something, I had to figure out the motivating factors, and what was motivating her behaviour was her terrible fear that she was about to lose her husband — or had lost her husband — along with the respect in her household, the opinion of her in the community, all of it. It's very embarrassing, and I think for someone like Mistress Epps, I don't think she is a deeply complicated person. I'm not saying she's dumb, but I don't think she is emotionally or psychologically savvy. So instead I think she just went the only way she knows how, which is in my mind kind of like the way an animal defends its turf.

Have you ever done anything onscreen as violent as what you do in this film?
No, never. Never. And I hope to never again, although I do feel that it was very important for the narrative that it be as strong as that, to really show what was endured. The brutality of it, to me, is absolutely important and imperative to the telling of this story. I just feel that without it, it would lose part of what feels so insanely authentic about the movie.

Comedy

Haute Cuisine

Director. Christian Vincent

Stars. Catherine Frot

Hortense (Frot) was once the private chef of the President of France. Now, she prepares meals for a bunch of unruly scientists at a research base in Antarctica. So what caused the celebrated chef to move to a frozen food desert? That's never satisfactorily answered. Flashbacks of her time at the Élysée Palace detail power struggles, but all this seems outweighed by Hortense's love of preparing French cuisine. The film could do with a little more explanation and fewer close-ups of her (albeit mouth-watering) culinary creations. REGAN REID

Documentary

Watermark

Directors. Jennifer Baichwal, Edward Burtynsky

In what may possibly be considered a sequel to her award-winning 2006 doc Manufactured Landscapes, Jennifer Baichwal (now teaming up with that film's shutterbug subject Edward Burtynsky) creates a stunningly beautiful study of water and humankind's dependence (or neglect) of it. For almost every majestic, carefully framed shot, there lies a horror beneath, but the filmmakers succeed by avoiding didacticism and instead skillfully shower the viewer with a cascade of contemplation.
STEVE GOW

Action

Machete Kills

Director. Robert Rodriguez

Stars. Danny Trejo, Michelle Rodriguez

If you're not already on board with the grindhouse resurgence, this movie is not for you. Machete is once again pulled into U.S./Mexico politics, this time by the U.S. president who's tasked him with stopping a bi-polar revolutionary who's got a missile pointed at the U.S. (the trigger is rigged to his heart beat). Buoyed by a bigger budget, Rodriguez goes all out in this sequel. But in the constant jumping around, he quickly loses the plot. Still there's enough blood shed and stunt casting to carry the film — Cuba Gooding Jr. is a particular surprise.
IAN GORMELY

Romance

The Right Kind of Wrong

Director. Jeremiah S. Chechik

Stars. Ryan Kwanten, Catherine O'Hara

The Right Kind of Wrong has a kind of identity crisis. Not only does the Canadian rom-com cater to clichéd mainstream conventions but it distractingly works in foul (and mostly flat) gags involving testicles and incontinence in Paris. True Blood's Ryan Kwanten is appealing enough as a phobic, failed writer trying to inexplicably woo a newly-married woman, but here's a tip to future filmmakers: If a mountainous setting upstages the cast, your film's in all kinds of trouble.
STEVE GOW

Drama

Romeo and Juliet

Director. Carlo Carlei

Stars. Hailee Steinfeld, Douglas Booth

Downton Abbey guru Julian Fellowes and director Carlo Carlei take a crack at Shakespeare's doomed teen lovers, and the results are barely worthy of a catty dismissal by the Dowager Countess. Somehow Fellowes — who gets credit for the screenplay here — manages to significantly shorten the play and still make this version feel unending. It's so bland, lifeless and unnecessary that you find yourself watching the kids pine and think, "Just die already so we can get out of here." Do yourself a favour and just rent Zeffirelli's version instead.
NED EHRBAR

FROM THE DIRECTOR OF BENNY & JOON
RYAN KWANTEN SARA CANNING WITH WILL SASSO AND CATHERINE O'HARA
Leo just met the love of his life.
At her wedding.
the right kind of wrong
NUDITY, SEXUAL CONTENT, COARSE LANGUAGE
FACEBOOK.COM/EONEFILMS
YOUTUBE.COM/EONEFILMS
STARTS TODAY
Check Theatre Directory for Locations & Showtimes.

THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 11 TO THURS., OCT. 17 TIMES ARE SUBJECT TO CHANGE.

Bytowne Cinema
325 Rideau St.

Cutie and the Boxer (PG) Fri 5:01 Sat 2:45 Sun 7:10
Haute Cuisine (PG) Fri 6:59 Sat 4:45 Sun 5:01 Mon 2:15-7:05 Tue-Wed 4:45
Mapa (STC) Wed 6:55
Muscle Shoals (PG) Mon-Wed 9:05
Watermark (G) Fri 9:10 Sat 6:55 Sun 2:45-9:05 Mon 4:25 Tue 6:50 Wed 8:55 Thu 4:45

Canadian Film Institute
2 Daly Ave., Suite 120

Hard Drive (STC) Thu 7
No Films Showing Today (STC) Fri-Wed

Canadian Museum of nature
240 McLeod St.

Dinosaur Passage to Pangaea 3D (STC) Sat-Mon 10:30-1:10
Dinosaur: Passport to Pangaea (STC) Sat-Mon 11:15-1:50
Flying Monsters 3D (STC) Sat-Mon 12-2:30-3:40 Sat-Mon 12:35-3:05
No Films Showing Today (STC) Fri Tue-Thu

Coliseum Ottawa
3090 Carling Ave.

Besharam (14A) Fri-Sat 12:40-4-7:10-10:20 Sun 4-7:10-10:20 Mon 12:40-4-7:10-10:20 Tue-Wed 6:10-9:20 Thu 9:20
Captain Phillips (14A) No Passes Fri-Mon 1:25-4:30-7:35-10:40 No Passes Tue-Wed 4:30-7:35-10:40 No Passes Thu 1:30-4:30-7:35-10:40
Carrie (STC) Thu 10
Cloudy With a Chance of Meatballs 2 (G) Fri-Mon 1:50-4:35-6:55-9:30 Tue-Thu 4:45-7-9:30
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Mon 12:25-2:50-5:15-7:40-10 Tue-Wed 5:15-7:40-10 Thu 1:20-5:15-7:40-10
Don Jon (18A) Fri-Mon 12:50-3:20-5:40-8-10:25 Tue-Wed 5:40-8-10:25 Thu 5:40-8
Escape Plan (14A) Thu 10
Funny Girl (STC) Sun 12:45
Gravity 3D (PG) No Passes Fri-Mon 12:30-2:50-5:10-7:30-9:50 No Passes Tue-Thu 4:50-7:30-9:50 No Passes Fri-Mon 1:10-3:30-5:50-8:10-10:30 No Passes Tue-Wed 5:50-8:10-10:30 No Passes Thu 1:35-5:50-8:10-10:30
Machete Kills (14A) Fri-Mon 12:30-3-5:30-8:05-10:45 Tue-Wed 5:30-8:05-10:45 Thu 1:25-5:30-8:05-10:45
National Theater Live - MacBeth (STC) Thu 7
National Theatre Live: Othello - Encore (STC) Sat 12:30
Prisoners (14A) Fri-Mon 12:25-3:45-7-10:15 Tue-Wed 5:40-9:40 Thu 1:10-5:40
The Right Kind of Wrong (14A) Fri-Mon 12:35-3-5:25-7:50-10:15 Tue-Wed 5:25-7:50-10:15 Thu 5:05-7:30-10:15 Star & Strollers Screening Thu 1
Runner Runner (14A) Fri-Mon 1:20-3:40-6-8:20-10:35 Tue-Thu 6-8:20-10:35 Star & Strollers Screening Thu 1
Rush (14A) Fri 2-4:45-7:25-10:10 Sat 4:45-7:25-10:10 Sun-Mon 2-4:45-7:25-10:10 Tue-Wed 4:45-7:25-10:10 Thu 1:15-10:40

Empire 7 Cinemas
111 Albert St. 3rd Floor
World Exchange Plaza

Captain Phillips (14A) Dolby Stereo Fri 6-9 Dolby Stereo Sat-Sun 12-3-6-9 Dolby Stereo Mon 6-9 Dolby Stereo Tue 3-6-9 Dolby Stereo Wed-Thu 6-9
Don Jon (18A) Dolby Stereo Fri 7 Dolby Stereo Sat-Sun 1-4-7 Dolby Stereo Mon 7 Dolby Stereo Tue 4-7 Dolby Stereo Wed-Thu 7
Gravity (PG) Dolby Stereo Sat-Sun 3:30 Dolby Stereo Tue 3:30
Gravity 3D (PG) Dolby Stereo Fri 6:30-9:30 Dolby Stereo Sat-Sun 12:30-6:30-9:30 Dolby Stereo Mon-Thu 6:30-9:30
Parkland (PG) Dolby Stereo Fri 6:10 Dolby Stereo Sat-Sun 12:40-3:40-6:10 Dolby Stereo Mon 6:10 Dolby Stereo Tue 3:40-6:10 Dolby Stereo Wed-Thu 6:10
Prisoners (14A) Dolby Stereo Fri-Thu 8:30
The Right Kind of Wrong (14A) Dolby Stereo Fri 6:45-9:45 Dolby Stereo Sat-Sun 12:45-3:45-6:45-9:45 Dolby Stereo Mon 6:45-9:45 Dolby Stereo Tue 3:45-6:45-9:45 Dolby Stereo Wed-Thu 6:45-9:45
Romeo and Juliet (STC) Dolby Stereo Fri 6:15-9:15 Dolby Stereo Sat-Sun 12:15-3:15-6:15-9:15 Dolby Stereo Mon 6:15-9:15 Dolby Stereo Tue 3:15-6:15-9:15 Dolby Stereo Wed-Thu 6:15-9:15
Runner Runner (14A) Dolby Stereo Fri 6:50-9:50 Dolby Stereo Sat-Sun 12:50-3:50-6:50-9:50 Dolby Stereo Mon 6:50-9:50 Dolby Stereo Tue 3:50-6:50-9:50 Dolby Stereo Wed-Thu 6:50-9:50
Rush (14A) Dolby Stereo Fri-Thu 9:20

Mayfair Theatre
1074 Bank St.

Alien (STC) Tue 7
Aliens (R) Tue 9:15
Angels and the Beast (STC) Fri 11:45
Elysium (14A) Fri 7 Sat 3:15-6 Sun 6
The Grandmaster (PG) Wed-Thu 9:30
Miami Connection (14A) Sat 10:45
Passion (14A) Fri 9:30 Sat-Sun 8:30 Mon 9:30
Red 2 (PG) Sun 3:15 Mon 7 Wed-Thu 7
Turbo (G) Sat-Sun 1

Rainbow Cinemas
St. Laurent Centre
1200 St. Laurent Blvd.

2 Guns (14A) Fri-Thu 9:55-7-9:20
Blue Jasmine (14A) Fri-Thu 10:10-7:10-9:15
The Heat (14A) Fri-Thu 1:10-6:40-9:10
Monsters University (G) Fri-Thu 12:10-2:25-4:40
Percy Jackson: Sea of Monsters (PG) Fri-Thu 10-12:05-2:20-4:35-6:50-9:05
Riddick (14A) Fri-Thu 10:20-3:50-9
The Smurfs 2 (G) Fri-Thu 12:20-2:35-4:50
Turbo (G) Fri-Thu 10:40-4:30
The Wolverine (PG) Fri-Thu 1-6:30

South Keys
2214 Bank St.

Captain Phillips (14A) No Passes Fri-Thu 12:40-3:55-7:05-10:10
Carrie (STC) Thu 10
Cloudy With a Chance of Meatballs 2 (G) Fri-Tue 10:35-12:45-3-5:15-7:30-9:40 Wed 10:35-12:45-3-5:15-7:30 Thu 10:35-12:45-3-5:15-7:30-9:40
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Thu 11:20-1:50-4:15-7-9:20
Despicable Me 2 (G) Fri-Wed 11:15-1:45-4:20-6:50 Thu 11:15-1:45-4:20
Don Jon (18A) Fri 12:20-2:50-5:25-7:40-10 Sat 5:25-7:40-10 Sun-Tue 12:20-2:50-5:25-7:40-10 Wed 12-2:20-4:45-10 Thu 12:20-2:50-5:25-7:40-10
The Family (14A) Fri-Wed 9:10 Thu 10:05
Gravity 3D (PG) No Passes Fri-Thu 12:25-2:45-5:10-7:35-9:55
Machete Kills (14A) Fri-Thu 10:55-1:55-4:40-7:25-10:05
National Theater Live - MacBeth (STC) Thu 7
National Theatre Live: Othello - Encore (STC) Sat 12:30
Prisoners (14A) Fri-Thu 11:40-3:25-6:45-9:55
The Right Kind of Wrong (14A) Fri-Thu 12:10-2:30-4:50-7:20-9:45
Royal Ballet: Don Quixote (STC) Wed 7
Runner Runner (14A) Fri-Thu 10:40-1-3:20-5:30-7:45-10
Rush (14A) Fri-Wed 10:45-1:35-4:25-7:10-9:50 Thu 10:45-1:35-4:25-10:05
Wallace & Gromit in The Curse of the Were-Rabbit (G) Sat 11
We're the Millers (14A) Fri 10:50-1:20-4:05-6:55-9:25 Sat 1:20-4:05-6:55-9:25 Sun-Wed 10:50-1:20-4:05-6:55-9:25 Thu 10:50-1:20-4:05-6:55

Canadian Museum of civilization
100 rue Laurier

Jerusalem (STC) Fri 2 Sat 12-2-8 Sun 12-2 Mon-Thu 12-2-7 Fri 4-8 Sat 1-4 Sun-Thu 4
Journey Into Amazing Caves (STC) Fri 12
Kenya 3D: Animal Kingdom (STC) Fri-Thu 11-3-5
Kenya: Animal Kingdom (STC) Fri-Tue 1 Wed 10-1 Thu 1
Kilimanjaro: Jusqu'au sommet de l'Afrique (STC) Fri 7 Sat 6 Sun 7 Mon-Tue 6 Wed 8 Thu 6
Kilimanjaro: To the Roof of Africa (STC) Sat 7 Sun 6 Mon-Tue 8 Wed 6 Thu 8
Titans of the Ice Age 3D (STC) Thu 11

Cinéma des Galeries d'Aylmer
400 boul. Wilfrid-Lavigne

Les 4 soldats (G) Wed 7
Amitiés sincères (G) Fri 1 Tue 7
Captain Phillips (13+) Fri-Mon 12:40-2:21-3-6:40 Tue 12:40-6:40-9 Wed-Thu 6:40-9
Cloudy With a Chance of Meatballs 2 (G) Fri-Mon 12:50-6:50-9:30 Tue 12:50-9:30 Wed-Thu 6:50-9:30
Gabrielle (G) Fri 3:10-7-9:10 Sat-Tue 1-3:10-7-9:10 Wed-Thu 9:10
Gravity (G) Fri-Tue 1:10-7:10 Wed-Thu 7:10
Gravity 3D (G) Fri-Mon 3:20-9:20 Tue-Thu 9:20
Il pleut des hamburgers 2 (G) Fri-Tue 3:30

Ciné-starz
1100 boul. Maloney Ouest

Détestable moi 2 (G) Fri-Mon 12-1:50-3:40-5:30
Jobs (G) Tue-Thu 3:50-8
Kick-Ass 2 (13+) Fri-Mon 9:10 Tue-Thu 12-4:05
L'Université des Monstres (G) Fri-Mon 12
Lac Mystère (13+) Tue-Thu 1:55-6-8:10
Louis Cyr: L`homme le plus fort du monde (G) Fri-Mon 3:30-7:30-9:45 Tue-Thu 1:50-6-8:20
Nous sommes les Miller (13+) Fri-Mon 5:45-7:15-9:15 Tue-Thu 12-4-9:10
Percy Jackson: la mer des monstres (G) Fri-Mon 1:55-3:50-7:40-9:35 Tue-Thu 12-1:55-6:05
Les Schtroumpfs 2 (G) Fri-Thu 12-1:50-3:40-5:30-7:20
Turbo (G) Fri-Mon 12-1:45-5:45

FROM THE DIRECTOR OF
"THE BOURNE ULTIMATUM"
OUT HERE SURVIVAL IS EVERYTHING
STARTS TODAY
COLUMBIA PICTURES PRESENTS A SCOTT RUDIN / MICHAEL DE LUCA / TRIGGER STREET PRODUCTION A FILM BY PAUL GREENGRASS TOM HANKS "CAPTAIN PHILLIPS" BARKHAD ABDI MUSIC BY HENRY JACKMAN
14A Violence, Disturbing content
Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

Gatineau 9
120 boul. de l'Hôpital

Amsterdam (13+) Fri-Thu 1:15-3:45-7:10-9:40
La banque gagne toujours (13+) Fri 12:15-7:05-9:10 Sat-Thu 12:15-2:45-7:05-9:10
Capitaine Phillips (13+) Fri-Thu 12:30-3:30-6:45-9:30
Don Jon (16+) Fri-Thu 1:10-7:20
Gabrielle (G) Fri-Thu 1:20-3:50-7-9:20
Gravité 3D (G) Fri-Thu 1:05-3:10-6:50-9
Il pleut des hamburgers 2 3D (G) Fri-Thu 12:45-3:05-6:30-8:45
Machete tue (13+) Fri-Thu 12:20-3-7:15-9:45
Parkland (G) Fri-Thu 3:20-9:25
Prisonniers (13+) Fri-Thu 1-4:15-8

StarCité Hull
115 boul. du Plateau

Amsterdam (13+) Fri 1:50-4:25-7-9:35 Sat 11:15-1:50-4:25-7-9:35 Sun-Tue 1:50-4:25-7-9:35 Wed-Thu 7-9:35
Capitaine Phillips (13+) No Passes Fri-Sat 1-4-7-10 No Passes Sun-Tue 12:45-3:45-6:45-9:45 No Passes Wed-Thu 6:45-9:10 No Passes Thu 1
Captain Phillips (13+) No Passes Fri-Sat 1:25-4:25-7:25-10:25 No Passes Sun-Tue 1-4-7-10 No Passes Wed-Thu 7-9:20 Star & Strollers Screening, No Passes Thu 1:30
Carrie (13+) Thu 10
Cloudy With a Chance of Meatballs 2 (G) Fri 1-3:20-5:40-8-10:20 Sat 10:45-1-3:20-5:40-8-10:20 Sun-Tue 12-1-3:20-5:40-8-10:20 Wed 6:50-9:45 Thu 6:50-10:10
Don Jon (16+) Fri-Tue 1:10-3:30-5:50-8:10-10:30 Wed 7-10:15 Thu 7
Escape Plan (13+) Thu 10
Gabrielle (G) Fri 12:20-2:45-5:10-7:35-10 Sat 11-12:20-2:45-5:10-7:35-10 Sun-Tue 12:20-2:45-5:10-7:35-10 Wed-Thu 7:35-10
Gravity 3D (G) No Passes Fri 1:10-3:30-5:50-8:10-10:30 No Passes Sat 11-1:10-3:30-5:50-8:10-10:30 No Passes Sun-Tue 1:10-3:30-5:50-8:10-10:30 No Passes Wed-Thu 8-10:15
Gravité 3D (G) No Passes Fri-Tue 12:40-3-5:20-7:40-10 No Passes Wed-Thu 7:40-10
Il pleut des hamburgers 2 (G) Fri 12-2:20-4:40-7-9:20 Sat 11-12-2:20-4:40-7-9:20 Sun-Tue 12-2:20-4:40-7-9:20 Wed-Thu 7-10
Il pleut des hamburgers 2 3D (G) Fri 12:20-2:40-5-7:20-9:40 Sat 10:50-12:20-2:40-5-7:20-9:40 Sun-Tue 12:20-2:40-5-7:20-9:40 Wed-Thu 7:20-9:40
Machete Kills (13+) Fri-Sat 12:10-2:45-5:20-7:55-10:30 Sun-Tue 12-2:35-5:10-7:45-10:20 Wed-Thu 7:20-9:55
Prisoners (13+) Fri-Sat 12:30-3:45-7-10:15 Sun-Tue 12-3:15-6:30-9:45 Wed 7:10-9:15 Thu 8:15
Prisonniers (13+) Fri-Sat 12:20-3:30-6:45-10 Sun-Tue 1:45-5-8:15 Wed 6:55-9 Thu 6:55
Runner Runner (13+) Fri-Sat 1:20-3:40-5:55-8:20-10:40 Sun-Tue 1:20-3:40-5:55-8:10-10:25 Wed-Thu 6:55-10:10
Rush (G) Fri-Sat 2:10-5-7:50-10:45 Sun-Tue 2-4:45-7:30-10:15 Wed-Thu 7-9:45
La Vie d'Adèle (16+) Fri-Tue 12:30-4:15-8 Wed-Thu 8
Wallace & Gromit in The Curse of the Were-Rabbit (G) Sat 11
Wallace et Gromit: Le Mystère du lapin-garou (G) Sat 11

Sandra Bullock plays an uptight novice who gets into serious trouble in Gravity. CONTRIBUTED

Barrhaven Cinemas
131 Riocan Dr.

Captain Phillips (14A) No Passes Fri-Mon 12:55-4-7:05-10:10 No Passes Tue-Thu 7:10 Star & Strollers Screening, No Passes Thu 1
Cloudy With a Chance of Meatballs 2 (G) Fri-Mon 12-2:20
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Mon 4:45-7:10-9:40 Tue-Thu 5-7:25
Gravity 3D (PG) No Passes Fri-Mon 12:40-3-5:20-7:40-9:50 No Passes Tue-Thu 5:20-7:45
Lee Daniels' The Butler (14A) Fri-Mon 12:45-3:55-6:55-10 Tue-Thu 4:30-7:30
Prisoners (14A) Fri-Mon 1-4:25-8 Tue-Thu 7
The Right Kind of Wrong (14A) Fri-Mon 12:05-2:30-4:55-7:20-9:45 Tue-Thu 5:15-7:40 Star & Strollers Screening Thu 1
Runner Runner (14A) Fri-Mon 12:50-3:10-5:30-7:50-9:55 Tue-Thu 5:10-7:20
Wallace & Gromit in The Curse of the Were-Rabbit (G) Sat 11

SilverCity, 2385 City Park Dr.

Captain Phillips (14A) No Passes Fri-Thu 1-4:05-7:10-10:15
Carrie (STC) Thu 10
Cloudy With a Chance of Meatballs 2 (G) Fri 12:05-2:35-5:15-7:45-10:10 Sat 11:05-12:05-2:35-5:15-7:45-10:10 Sun-Tue 12:05-2:35-5:15-7:45-10:10 Wed 1:30-4:10-7:45 Thu 2:35-5:15-7:45-10:10
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Thu 12:55-3:20-5:45-8:15-10:45
Don Jon (18A) Fri-Tue 12:30-2:55-5:30-7:55-10:25 Wed 2:55-5:30-10:25 Thu 2:30-5:05-7:30
Enough Said (PG) Fri-Tue 12:35-3:05-5:35-8:05-10:35 Wed 2:05-4:35-10:35 Thu 2:05-4:35-7:05
Escape Plan (14A) Thu 10
The Family (14A) Fri 1:10-4-6:55-9:45 Sat 4:45-7:30-10:20 Sun 1:10-4-6:55-9:45 Mon 1:10-4-9:45 Tue-Wed 1:10-4-6:55-9:45 Thu 1:10-4-10:20
Funny Girl (STC) Sun 12:45
Gravity 3D (PG) No Passes Fri-Tue 12:15-2:45-5:10-7:35-10 No Passes Wed-Thu 2:45-5:10-7:35-10
Gravity: An IMAX 3D Experience (PG) No Passes Fri-Thu 1:05-3:25-5:50-8:25-10:45
Lee Daniels' The Butler (14A) Fri-Sun 1:20-4:20-7:20-10:25 Mon 4:20-7:20-10:25 Tue-Thu 1:20-4:20-7:20-10:25
Louis Cyr: The Strongest Man in the World (PG) Mon 1-7
Machete Kills (14A) Fri-Tue 12-2:40-5:20-8-10:40 Wed-Thu 2:40-5:20-8-10:40
National Theater Live - MacBeth (STC) Thu 7
National Theatre Live: Othello - Encore (STC) Sat 12:30
Prisoners (14A) Fri-Tue 12:10-3:35-7-10:30 Wed-Thu 3:35-7-10:30
The Right Kind of Wrong (14A) Fri-Tue 12:40-3:10-5:40-8:10-10:40 Wed 5:40-8:10-10:40 Thu 3:10-5:40-8:10-10:40 Star & Strollers Screening Wed 1
Romeo & Juliet (STC) Fri-Tue 1:30-4:25-7:15-10:05 Wed 4:25-7:15-10:05 Thu 1:30-4:25-7:15-10:05 Star & Strollers Screening Wed 1
Royal Ballet: Don Quixote (STC) Wed 7
Runner Runner (14A) Fri-Tue 12:25-2:50-5:25-7:50-10:20 Wed-Thu 2:50-5:25-7:50-10:20
Rush (14A) Fri-Sat 1:35-4:30-7:25-10:15 Sun 4:30-7:25-10:15 Mon-Thu 1:35-4:30-7:25-10:15
Wallace & Gromit in The Curse of the Were-Rabbit (G) Sat 11
We're the Millers (14A) Fri-Thu 1:25-4:15-6:55-9:40

Empire Theatres Orleans 6 Cinemas
3752 Innes Rd.

Captain Phillips (14A) Digital, Dolby Stereo Digital, No Passes Fri-Tue 12-3:15-6:45-10 Digital, Dolby Stereo Digital, No Passes Wed-Thu 6:30-9:45
Carrie (STC) Digital, Dolby Stereo Digital, No Passes Thu 10:10
Cloudy With a Chance of Meatballs 2 (G) Digital, Dolby Stereo Digital Fri-Tue 12:30-6:30 Digital, Dolby Stereo Digital Wed-Thu 6:20
Cloudy With a Chance of Meatballs 2 3D (G) Dolby Stereo Digital Fri-Tue 3:30-9 Dolby Stereo Digital Wed-Thu 8:45
Escape Plan (14A) Digital, Dolby Stereo Digital Thu 10
Gravity (PG) Digital, Dolby Stereo Digital, No Passes Fri-Sun 12:15-3-6 Digital, Dolby Stereo Digital Mon-Tue 12:15-3-6 Digital, Dolby Stereo Digital Wed-Thu 6:15
Gravity 3D (PG) Dolby Stereo Digital, No Passes Fri-Sun 1-4-7-8:45-9:30 Dolby Stereo Digital Mon-Tue 1-4-7-8:45-9:30 Dolby Stereo Digital Wed-Thu 7:10-8:50-9:40
Il pleut des hamburgers 2 (G) Digital, Dolby Stereo Digital Fri-Mon 12:40-3:45 Digital, Dolby Stereo Digital Tue 3:45
Machete Kills (14A) Digital, Dolby Stereo Digital Fri-Tue 1:30-4:30-7:30-10:15 Digital, Dolby Stereo Digital Wed-Thu 6:10-9:10
Prisoners (14A) Digital, Dolby Stereo Digital Fri-Tue 12:50-4:15-8 Digital, Dolby Stereo Digital Wed 7:30 Digital, Dolby Stereo Digital Thu 6:05
The Right Kind of Wrong (14A) Digital, Dolby Stereo Digital Fri-Tue 1:10-4:10-7:15-9:45 Digital, Dolby Stereo Digital Wed-Thu 6:50-9:15
Runner Runner (14A) Digital, Dolby Stereo Digital Fri-Tue 1:20-4:20-7:20-10:10 Digital, Dolby Stereo Digital Wed-Thu 7-9:30
Rush (14A) Digital, Dolby Stereo Digital Fri-Tue 12:10-3:20-6:15-9:15 Digital, Dolby Stereo Digital Wed 6-9 Digital, Dolby Stereo Digital Thu 6
We're the Millers (14A) Digital, Dolby Stereo Digital Fri-Tue 7:10-9:50 Digital, Dolby Stereo Digital Wed-Thu 6:40-9:20

TOM HANKS
CAPTAIN PHILLIPS
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BASED UPON THE BOOK "A CAPTAIN'S DUTY: SOMALI PIRATES, NAVY SEALS, AND DANGEROUS DAYS AT SEA" BY RICHARD PHILLIPS WITH STEPHAN TALTY
SCREENPLAY BY BILLY RAY
PRODUCED BY SCOTT RUDIN DANA BRUNETTI MICHAEL DE LUCA
DIRECTED BY PAUL GREENGRASS
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CaptainPhillipsMovie.ca
Soundtrack on Varèse Sarabande

Vanilla Ice goes old school, Amish-style

Unlikely pairings. The rapper-renovator heads to rural Ohio to learn from master craftsmen, and finds they've got great MacGyver skills

Rob Van Winkle, better known as Vanilla Ice, is pictured in Toronto on Tuesday as he promotes his new television show Vanilla Ice Goes Amish. CHRIS YOUNG/THE CANADIAN PRESS

What could a flashy, Florida-based pop icon share in common with members of a tight-knit religious sect in rural Ohio? Well, a passion for craftsmanship for starters — but not of the musical variety.

Rob Van Winkle, better known as Vanilla Ice, catapulted to fame with his '90s smash hit Ice Ice Baby, the first rap single to top the Billboard Hot 100. More recently, he's been charting success in the renovation realm by purchasing, remodelling and selling homes, not to mention documenting renos on The Vanilla Ice Project.

In Vanilla Ice Goes Amish, which premieres Sunday at 10 p.m. on DIY Network, Van Winkle heads to Holmes County, Ohio — the largest Amish settlement in the U.S. — to learn from master craftsmen and to fully immerse himself in the Amish way of life free of modern conveniences.

"I wasn't sure what to expect because I know that they build furniture and stuff like that, but I didn't know much beyond that," admitted the affable Van Winkle during a recent press day in Toronto.

"And so, when I get there, I see that they really ... pride themselves on craftsmanship and their abilities and their skills. They'll build anything you want. They have great MacGyver skills. That's what we call them back at the lab back in Florida," he added, a reference to the '80s TV character who could make inventive items out of everyday materials.

"We say: 'There's no real rule book on how you're going to fix that. You can do it with mortar, you can do it 10 different ways, but you've got to fix it, so let's see how good your real carpentry skills are.' The good ones that have been around for a while, they'll figure out a way to make that work, whether it's a corner or whether it's holding up a beam."

Once the idea for Vanilla Ice Goes Amish was cemented with the network, making initial arrangements to film required extraordinary measures.

"You can't send a fax. You can't send an email. You can't send a tweet, a text, a Vine (video), a nothing," Van Winkle said, noting that a representative flew to Ohio and drove two-and-a-half hours to meet with community members.

"He didn't even know if they knew who Vanilla Ice was. And they did, they knew. They'd heard of Vanilla Ice. It was pretty cool," Van Winkle recalled.

In the series debut, Van Winkle works with a construction crew to transform a dated kitchen into a state-of-the-art space. But he quickly learns of the challenges of carrying out routine tasks, like requiring permission from the church bishop to use electricity or power tools.

"When we're doing (work for) the Amish folks, you have to consider that there's no electricity. So your backsplash, you don't have to worry about putting a bunch of outlets (in). There won't be any lights, there won't be any fixtures, undercounter lights or anything."

Van Winkle also brought his own design influence to help marry traditional workmanship with modern finesse, like a double ogee edge on granite countertops. THE CANADIAN PRESS

Life off the grid

- When he wasn't involved in construction work, Van Winkle was walking the walk when it came to Amish life, taking up residence on a farm.
- Not only did he live without electricity, phones, the Internet and even mirrors, the tattooed, ballcap-sporting rapper-renovator would even wear attire more in-step with the community — including garments without zippers.

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Bett Rickards hits the target with Arrow

Television. Canadian actress has turned a one-off appearance into a regular stint on the crime-fighting series

Canadian actress Emily Bett Rickards from the series Arrow. The show's second season premiered Wednesday. AMY SUSSMAN/INVISION/THE ASSOCIATED PRESS

Talk about making a good impression. Actress Emily Bett Rickards was happy when she scored a one-off role on Arrow last year.

Bett Rickards played IT girl Felicity Smoak on the action-adventure series, which stars Stephen Amell as billionaire playboy Oliver Queen, who secretly fights crime and corruption with a bow and arrow. "It was one episode, two scenes," the 22-year-old Canadian actress recalled.

Her portrayal of a character with tech-savvy smarts — and a funny, sweet stream-of-consciousness rhythm to her speech — caught on with viewers.

She was brought back for more episodes, and by the end of the season, she was a part of Queen's inner circle. She's now a regular on the series, which returned for a second season Wednesday night. Bett Rickards talked about Arrow, snacking on the set and doing stunt work during a recent interview.

You're doing stunts this season. Is that fun?
I like doing stunts because I'm very physical, I always grew up with sports. It's a different part of acting. That part is really educational and I'm still learning. It can be painful, too. Our stunt doubles are so trained in making sure they don't hurt the next day. My body's not used to doing it.

Is it strange to have stunt doubles?
I said once (that) I want fair warning every time my stunt double is on set because we're the same build, she's got blond hair, you put her in a dress and the same makeup, it's like looking in a mirror.

The first time I saw her I (gasped) because your brain kind of knows what it is but you're still shocked. She's fabulous.

And even seeing someone else's stunt double is weird. ... My stunt double, Kim, is married to Stephen's stunt double, Simon. They're the cutest couple!

Stephen Amell has to stay in tiptop shape for his role. Does he avoid craft services to keep those abs?
Oh, he's a grazer. He eats. Yeah, he does. It's different for men than it is for women. ... We'll go and we'll grab a handful of almonds. ... He and David (Ramsey) come back with coffee cups full of almonds.

There are fans rooting for an Oliver-Felicity romance. What do you think?
It has to be earned. ... It could happen but it also could not because they are friends and they're also dealing with life and death every day. ... I think if they were to get together so early, I wonder if it would lose sweetness or a friendship compatibility.
THE ASSOCIATED PRESS

The small screen keeps getting scarier

Television. Violent, graphic stories are increasingly migrating from movie theatres to your living room

ALEXANDRA CAVALLO
Metro World News in New York City

Kathy Bates plays the evil Madame LaLaurie on American Horror Story: Coven. CONTRIBUTED

'Tis the season for all things that creep, crawl and go bump in the night, and if your TV Guide is any indication, it's also the year for it.

There's been a noticeable shift in the medium — where horror used to lurk almost entirely at the box office, we're seeing a large influx of spooky, scary and sometimes downright disturbing programs on television.

From long-running shows like Dexter (R.I.P.) to newer fright fests like American Horror Story (its third season premiered Wednesday), Bates Motel and Hannibal, there's no denying that viewers have developed an appetite for TV with darker inclinations.

This begs the question: Why do we love to be scared? And why now, seemingly more than ever? The world is a scary place, and the truth is too often more disturbing than fiction. So how is it that there's an expanding market for fictional shows designed to horrify?

According to Dr. Robert Kraft, a psychology professor at Otterbein University, this inclination for frightening tales is innately human.

"The world has always been a scary place and people have always enjoyed terrifying stories — from the myths of ancient Greece through ... contemporary stories of horror in film and on television," he says.

However, he agrees that there's been a shift as of late.

"One change has been the increasingly realistic depiction of graphic violence. More than half a century ago, the famous shower scene in Hitchcock's Psycho never showed the victim getting stabbed. Today, that scene would be shot with multiple gory close-ups of the actual stabbing. Another change has been the migration of graphic, violent stories from the movies to television," he says.

Channelling our fears

"When the murder and mayhem on TV is over, we can turn it off and feel safe. It gives us a sense of control."

Emmy-winning media psychiatrist Dr. Carole Lieberman

Even shows not expressly designed to be scary (dramas like Breaking Bad or new FX crime thriller The Bridge) depict gore and violence that would have been deemed unairable not so long ago. Meanwhile, shows like Criminal Minds allow viewers a chilling peek inside the psyches of psychopaths and serial killers.

And, in a time when what we see on the news should be scary enough to sate anyone's need for that kind of voyeurism, we seem to be seeking it out more than ever.

"People watch disturbing, gory shows for the excitement, the vicarious experience of violence, the strong emotions and the ultimate resolution of the conflicts," says Kraft. "Many follow a familiar trajectory that allows people to be scared while also knowing that there will be a clear resolution."

In other words, we watch because it allows us to channel our real world fears into a compartmentalized, manageable form of entertainment. Emmy-winning media psychiatrist Dr. Carole Lieberman agrees. "When the murder and mayhem on TV is over, we can turn it off and feel safe," she says. "It gives us a sense of control."

So, when we watch some form of the bogeyman wreak unimaginable horrors on a fictional victim, then we oddly enough feel safer.

Kevin Howley, a media studies professor, sums it up. "These shows offer viewers a vehicle to explore the dark side in relative safety and security," he says.

"In this respect, these programs are part of a longer storytelling tradition — think Grimm's fairy tales, for instance — that help explain the world, a sometimes dark and scary place, and do so in a thoroughly engrossing and enlightening fashion."

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High on life ... and marijuana

A$AP Rocky. New York's rapper of the moment tells Metro why fashion is his biggest influence, amid a haze of green

RICHARD PECKETT
scene@metronews.ca

"I'm not going to lie, drugs have influenced my life; I do smoke a lot of marijuana," slurs the guy who gave up dealing drugs two years ago.

Even over the telephone, it's unarguably clear in his smoke-soaked voice. At this point, the interview mimics those post-party dead-hour stoner chats where conversation falls somewhere between the profound and the prosaic.

"Smoking together, bonging together, that's where you meet some of your closest friends — it's like a token of friendship."

The combination of drug talk and toking has brought the hip hop artist to his open-your-mind optimum, continuing.

"It's an international language of love. There's no skin colour barriers or no shit like that; everything is one colour and that's purple baby —everything is motherf—ing purple."

A$AP Rocky's the ultimate hip hop protagonist in a world where he's "free to do whatever I want."

He bagged a $3 million dollar deal with Sony-RCA's subdivision Polo Grounds Music. The dollar sign in the crews' name is now justified. And his debut album Long.Live.A$AP went straight to number one on the Billboard 200.

But like demigods before him, Rocky's success is sewn in that murky mortal world where the rise and fall of celebrity is celebrated in equal measure — a place where Rocky's not master.

Days before this interview, the 24-year-old (real name Rakim Mayers) was charged with assault after allegedly slapping a female fan at a festival in Philadelphia. His management was cagey: Rocky's stoned. You'll agree there's a certain irony in his F—kin' Problems lyrics: "I love bad bitches, that's my f—kin' problem."

But as the Harlem-born rapper says, "You know, I'm not an angel, we all know that, but I do love good people."

Love, or rather lust, is another liberal endeavor for Rocky. He's a boundless shagger of priapic proportions, with groupies genuflecting before the altar of the hip hop collective A$AP Mob.

And "good" seems to refer to beautiful people: A$AP Rocky had a string of real and rumoured alliances with rapper Iggy Azalea, model Chanel Iman, who was at his side at the VMAs, and apparently Rihanna.

But he is in fact, referring to Raf Simons, creative director at Christian Dior. Rocky loves clothes (Alexander Wang cast him in the Spring 2013 promo of his own diffusion line T by Alexander Wang).

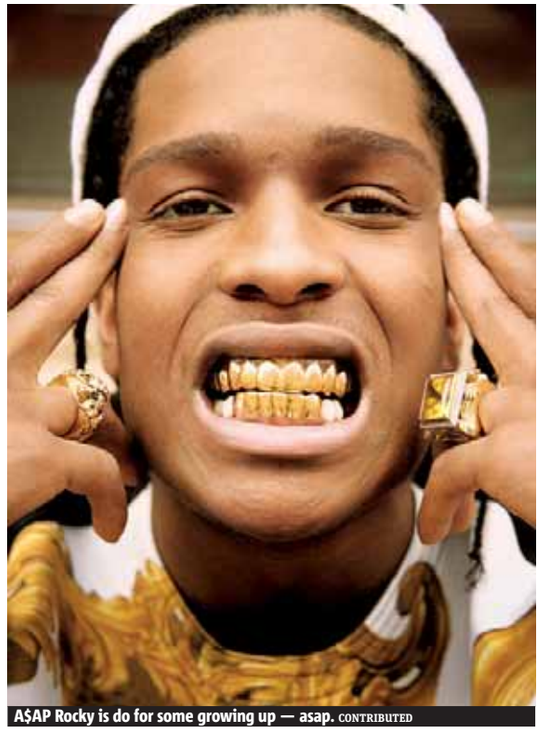
"I appreciate and admire high-end fashion and streetwear in the same way people love a sports team," he dozily enthuses.

In fact, the mention of fashion is enough to draw the rapper out of his green-induced slumber.

"Raf Simons is one of my biggest influences, he actually influences my music," he says.

The days of rappers name-checking those '90s household designers like Versace, Dolce & Gabbana and Tommy Hilfiger are over, but few could academically discuss the finer points of Simons, Rick Owens and Jeremy Scott. Amidst the fog of weed there is some sense in Rocky's mellow world.

But he'll need to reign in the nonsense if more converts are to join the masses in chanting: "Long.Live. A$AP."



A$AP Rocky is do for some growing up — asap. CONTRIBUTED

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Janelle Monae's music is out of this world

New music. The R&B singer pays tribute to a pair of little known female pioneers on her new album

CHRIS JORDON
Metro World News

Though rising R&B star Janelle Monae sometimes seems absorbed in a futuristic world of androids and clones, she pays homage in song to two real-life female groundbreakers on her brand new album, The Electric Lady: astronaut Sally Ride and actress Dorothy Dandridge.

"The Electric Lady are the ladies who are out there in this world and should be respected," Monae says.

Dandridge in 1954 was the first African American to be nominated for an Academy Award for best actress, for her role in Carmen Jones. Monae extols the virtues of the actress in the jazzy Dorothy Dandridge Eyes.

Respect given

"I thought it was important to pay homage to her."

Janelle Monae
Speaking about astronaut Sally Ride

Ride's service on the crew of the space shuttle Challenger in 1983 made her the first American woman in space. Monae's rock 'n' roll ballad Sally Ride on The Electric Lady is a funky space oddity.

"She was definitely working as an astronaut during a time when women were not being accepted; she was the minority," Monae says of the late Ride. "I thought it was important to pay homage to her and tell her story and also she was in a same-sex relationship for a while … and women who were in same sex relationships would definitely be fired or discriminated against because of their sexual orientation."

Recognizing this is all part of the Electric Lady concept.

Despite paying tribute to those who reached the stratosphere, Janelle Monae's work remains down to earth. GETTY IMAGES

Tunes for your turkey

SOUND CHECK
Alan Cross
scene@metronews.ca

Three tracks you may have missed whilst getting ready for the long weekend. Feel free to share them over Thanksgiving dinner.

When You Were Young (Calvin Harris Remix)/The Killers

Yes, the song is a decade old, but it's been remixed EDM style for the deluxe edition of The Killers's soon-to-be-released Direct Hits collection (Nov. 11).

Over My Dead Body/Manraze

A supergroup of sorts featuring Steve Jones of the Sex Pistols and, er, Phil Collen of Def Leppard.

Build Me Up Buttercup/ Highway Singalong

Some guy in L.A. gets people stuck in traffic to sing along with him and videos everything. Me? I'd run him off the road just on principle.

Pop music. Jonas Brothers cancel tour due to creative differences

The Jonas Brothers have cancelled their tour. GETTY IMAGES

Just two days before the Jonas Brothers were set to start their tour, the boy band cancelled the engagement due to a "deep rift within the band," reports People Magazine.

"There was a big a disagreement over their music direction," spokesperson Jesse Derris said.

Apparently, Nick, Joe and Kevin argued about the direction of their band and music and decided to cancel the tour as a result. Disappointed fans will get their money back.

The rep told People the future "remains to be seen."

It sounds to us like this could be the road to a breakup. Recently, Nick, 21, and Joe, 24, have each released solo albums while eldest brother Kevin, 25, has a reality show on E! with his wife Danielle called Married to Jonas.

Despite the time apart, the trio worked together this past year to produce singles Pom Poms and First Time. Another source told People the hiatus does not stem from the fact that Kevin is expecting a child, but is purely a result of "creative differences."

Metro was supposed to interview the Jonas Brothers today, but just before the interview, we received a note from their publicist saying, "We have to push back the interview a bit" because "the guys are travelling and everything is getting a bit delayed."

ANDREA PARK/MWN

Mind the App

Bob Dylan Bootlegs

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

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A companion to Dylan's latest album, Another Self-Portrait, Bootlegs explores the hidden meanings, histories and influences of his rarest recordings using a timeline of videos, lyrics, sound waveforms and storytelling.

I ran for the late-night ghost stories I'll tell my kids around the campfire.

I ran for the look in my mom's eyes when I tell her she's going to be a grandma.

Thank you for all the future moments you've helped create.

I ran for the Sunday crosswords my mother and I will finish together. In pen.

I ran for the hand-picked roses I'll give my wife on our 50th anniversary.

I ran for the ladybugs I'll chase with my kids.

I ran for the joyful day my daughter's daughter will be born.

Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Josh Hutcherson. ALL IMAGES GETTY

Damn that guy's good looking but I'm straight for now, says Hutcherson

Hunger Games star Josh Hutcherson is pretty forward-thinking when it comes to sexuality, telling Out magazine that he considers himself "mostly straight" in a recent interview. "Maybe I could say right now I'm 100 per cent straight, but who knows? In a f—ing year I could meet a guy and be like, 'Whoa, I'm attracted to this person,'" the 20-year-old actor says. "I've met guys all the time that I'm like, 'Damn, that's a good-looking guy,' you know? I've never been like, 'Oh, I want to kiss that guy.' I really love women. But I think defining yourself as 100 per cent anything is kind of near-sighted and close-minded."

Elton John and David Furnish

John and Furnish wait on marriage green light with law change on horizon

Elton John and David Furnish are planning to officially tie the knot once England's new same-sex marriage law goes into effect. "We will do it next May when it comes out," John tells Jimmy Kimmel in an interview. The couple held a lavish commitment ceremony in 2005 after civil unions were legalized in the U.K. "If the laws are going to help us again, as a famous gay couple we will do it," John says. "It's our duty to do it to make sure everyone knows that this is something that's a gift that we never dreamed we'd ever get."

The Word

Office star Robinson has narrow escape from paradise

MELINDA TAUB
Metro World News

Comedian Craig Robinson learned an important lesson recently. Robinson was in the Bahamas to perform at the Atlantis resort. When he tried to board his return flight to the United States, authorities found he was carrying half a gram of marijuana and 18 ecstasy pills, and arrested him for drug possession, according to TMZ.

Robinson appeared before a magistrate in a shirt and shorts, where he got off relatively easy with a $1,000 fine and a promise to swiftly leave the country. Robinson reportedly told the judge that he'd brought the drugs with him from the United States and claimed he didn't know they were illegal in the Bahamas (as opposed to the U.S., where you can freely buy ecstasy at any WalMart?)

Anyway, it all worked out fine. The people of the United States got their Craig Robinson back. The U.S. will not have to go to war with the Bahamas to retrieve him. And the moral of this story is: don't bring ecstasy to the Bahamas, guys.

Miley Cyrus

Less sex after 40? Oh Miley you don't have a clue

Miley Cyrus has been catching criticism for an attempt at a joke during her Today Show appearance earlier this week — "I heard when you turn 40, things start to go a little less sexual," she told Matt Lauer. "I heard that's when people don't have sex anymore." Suzanne Somers in particular has come out swinging, over-sharing about her sex life to disprove Cyrus' assertion. When pressed on the issue by E! News, Cyrus admits she doesn't actually know what she's talking about when it comes to sex after 40. "I don't know, I'm not 40 yet," she says. "I'll let you know how my sex life goes when I'm 40."

George Clooney

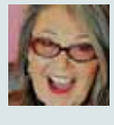
Humble Clooney deflects credit back to his director

While director Alfonso Cuaron has been crediting Gravity star George Clooney for penning a key scene in the film that wasn't working during the script-writing process, Clooney himself insists he had nothing to do with it. "I didn't write any scene. That scene was there from the minute I was handed the script," he tells the Wrap. "Alfonso's such a sweet guy. He hands out credit to everyone all the time."

Twitter

@ElizabethHurley
Brrrrr....v wintery today. Seeing how many thermals I can fit under my costume.

@johncusack
I don' know how much u can do in six seconds on vine - just random chaos I guess !!



@TheRealRosanne
question: where is Miley's mom? If I was her, Miley would be locked up in rehab right now. WTF? Where's the mother?

Liquid Assets

Complement sweet endings

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Unless you're eating way outside the box, odds are you'll be having some turkey this Thanksgiving.

Even with the sides that join in on the celebration, the big bird and all its trimmings is a pretty accommodating wine partner. It loves a medium-bodied chardonnay or richer sauvignon blanc, or if you prefer red, a juicy Beaujolais from France or a lightly rustic Spanish Rioja.

When it comes to a liquid partner, today's feature recipe has two strikes against it: It's a dessert, and a blend of vegetable and spice that are both notorious wine killers.

Port, Portugal's fortified gift to the world, has the body and thickness of flavour to stand up to this mouthful of eclecticism, while offering a sweetness level that complements, rather than competes.

Taylor's First Estate Reserve Port ($16.45 to $22.99) is a lighter-bodied version with balanced tannins and a rolling, ripe-fruited core of plum and blackcurrant that will play well with this cheesecake's main components while adding a palate warming finish to your holiday feast. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

This recipe serves 12. ROSE REISMAN

Pumpkin Cheesecake steals turkey's shine

Thanksgiving. This dessert will make a beautiful centrepiece

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

If you want a delicious yet lighter dessert for Thanksgiving or the upcoming holiday season, this is the perfect cheesecake to complete your meal.

This can be made a couple of days in advance or frozen for up to six weeks.

1. Preheat oven to 350 F. Spray a 9-inch springform pan with vegetable spray

2. Crust: Combine all ingredients until mixture comes together. Pat over bottom of baking dish.

3. In the bowl of a large food processor purée all ingredients for filling until smooth. Pour over top crust.

4. Topping: Place sour cream in a small plastic baggie. Snip off the end corner of the bag. Carefully draw approximately 8 straight lines through the top of the cheesecake. With a pointed knife or toothpick gently pull a line through the lines to make the pattern in the photo on this page.

5. Bake the Pumpkin Cheesecake for 40 minutes just until centre is still slightly loose. Chill before serving.

Ingredients

Crust
- 1 1/2 cups graham cracker crumbs
- 2 tbsp sugar
- 2 tbsp vegetable oil
- 2 tbsp water
- 1/4 tsp ground cinnamon

Filling
- 1 lb light cream cheese cut into cubes
- 2 eggs
- 3/4 cup canned pumpkin purée
- 1/2 cup low fat sour cream
- 2/3 cup brown sugar
- 1/2 cup granulated sugar
- 1 tsp ground cinnamon
- 1/4 tsp ginger powder
- 3 tbsp all purpose flour

Topping
- 1/4 cup low fat sour cream

Your sweet tooth will give thanks

1. Heat oven to 400 F. Coat 11-inch removable bottom tart pan with baking spray.

2. In food processor, combine butter, sugar and 1/4 teaspoon salt. Pulse several times. Add flour and pulse to combine, scraping down sides of work bowl. Transfer dough to prepared pan. Press evenly across bottom and up sides of the pan. Poke bottom all over with fork. Bake 15 to 20 minutes, or until golden brown.

3. While crust bakes, make filling. In a skillet over medium-high heat, combine apples, vinegar, brown sugar, cider, cinnamon and remaining 1/4 teaspoon salt. Cook, gently stirring to promote even cooking but without breaking apples, until just tender, about 12 mins.

4. In glass, mix cornstarch and water. Add to apples and cook, stirring gently, 2 minutes, or until thickened. When crust and apples are cooked, spoon apples into crust. Pour any extra juices over the surface of the apples. Serve warm or room temperature. THE ASSOCIATED PRESS

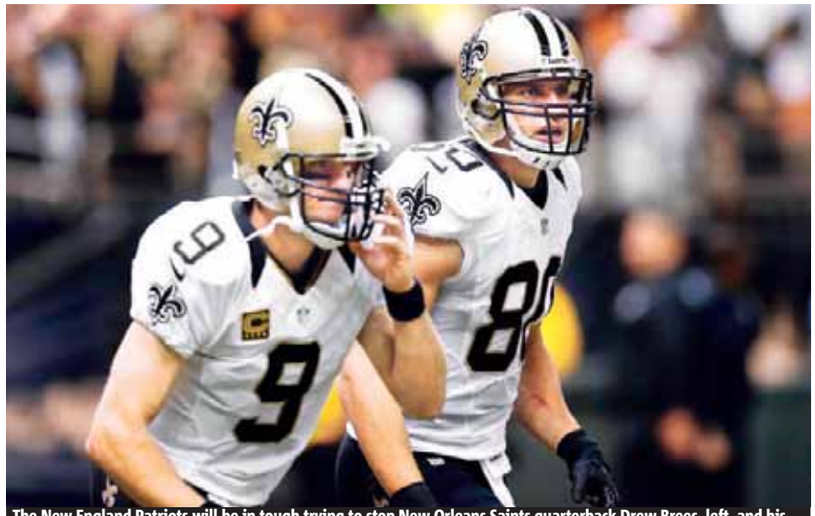
Ingredients
- 14 tbsp (1 3/4 sticks) unsalted butter, room temp
- 1/2 cup granulated sugar
- 1/2 tsp salt, divided
- 1 3/4 cups all-purpose flour
- 4 apples, peeled, cored, sliced
- 2 tbsp cider vinegar
- 1/4 cup packed brown sugar
- 1/4 cup apple cider
- 1/2 tsp cinnamon
- 2 tsp cornstarch
- 1 tbsp water

Easy Autumn Apple Tart

This recipe serves 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

Patriots' defence tasked with cooling down Brees

NFL. High-powered Saints represent New England's toughest test of season so far



The New England Patriots will be in tough trying to stop New Orleans Saints quarterback Drew Brees, left, and his favourite passing target, Jimmy Graham, on Sunday. CHRIS GRAYTHEN/GETTY IMAGES

Aqib Talib will be focused on Drew Brees.

The New Orleans quarterback likely won't be looking back at him, though.

"He's great at that. He'll never stare down a receiver and throw it straight to him," New England's cornerback said. "He's going to look you off on screens and everything. He's going to do a great job with his eyes."

So, while Brees' right arm is responsible for setting a slew of NFL records and leading a New Orleans renaissance, it's his eyes that have allowed that to happen.

The Patriots (4-1) will be prepared to defend against both weapons Sunday when Brees leads the Saints (5-0) into a showdown against the AFC East leaders.

"He does a great job of looking guys off and understanding what defence you're in," Patriots safety Steve Gregory said.

New England's defence this season has slowed some of the NFL's better quarterbacks, but the Saints' second-ranked passing offence is a different animal.

Brees is a seven-time Pro Bowl standout, and is on pace for his third straight 5,000-yard season. He has thrown for 1,722 yards — second only to Denver's Peyton Manning — with 12 touchdowns and four interceptions in guiding the Saints to their best start since 2009.

That's also the last time these two teams met, a game the Patriots probably would like to forget.

Brees carved up New England in a 38-17 win Nov. 30, 2009, throwing for 371 yards and five TDs while amassing a perfect 158.3 passer rating.

"They definitely play at a high tempo. They like to get up to the ball and get things going quickly so we'll have to be ready for that," Gregory said. THE ASSOCIATED PRESS

Yard chewer

593

Drew Brees' favourite target has been virtually unstoppable this season. Tight end Jimmy Graham has 37 receptions for a league-leading 593 yards and six touchdowns.

Ad campaign

Nickname debate follows Redskins on the road

The Oneida Indian Nation said Thursday it will air a radio ad called "Bipartisan" on the Dallas Cowboys' flagship station ahead of Sunday's game against the Washington Redskins.

The ad features President Barack Obama — a Democrat — saying he would think about changing the name, and Congressman Tom Cole — a Republican — saying the name is "offensive."

The ad is part of an anti-"Redskins" campaign slated to air in cities where the Redskins play on the road. THE ASSOCIATED PRESS

Megatron mystery

Johnson back in action in Detroit

Calvin Johnson was back on the practice field for the Detroit Lions. That doesn't mean his status for this weekend is determined.

"I don't have any updates on him," coach Jim Schwartz said.

Johnson was inactive in a loss at Green Bay last week with an injured right knee. He didn't participate in every drill Thursday, but did some footwork and pass-catching exercises. THE ASSOCIATED PRESS

Cruz representing the rainbow in title fight

Orlando Cruz GETTY IMAGES

Orlando Cruz won the fight of his life when he came out last year as the first openly gay fighter in boxing.

Now he's in a fight of another kind, a championship battle Saturday night that is the biggest bout of his professional career.

"It's my dream and it's my time," Cruz said. "I've been waiting a long time to fight for the championship and I plan to make history."

Cruz takes on fellow veteran Orlando Salido in a fight for a piece of the featherweight title on the undercard of Timothy Bradley's fight with Juan Manuel Marquez. He'll do it wearing rainbow colours on his boxing trunks, his way of showing support for others in the gay and lesbian community.

"This is for all of them," Cruz said. "But this is for me, too. It's a beautiful opportunity for me, and it's my moment."

The trunks have caused some controversy in his native Puerto Rico because the design is a Puerto Rican flag with the rainbow colours in place of the usual colours. But Cruz said his intention was always to honour his country while also making a statement for gay rights.

"Some people are mad at me, but I don't care," he said. "I respect the Puerto Rican flag. There were no bad intentions in the design of the trunks." THE ASSOCIATED PRESS

MLB

"We're going to continue to keep that sail up on that boat and keep going."

Pittsburgh centre-fielder Andrew McCutchen after the Pirates were eliminated from the playoffs by the St. Louis Cardinals on Wednesday. It was the Pirates' first post-season appearance in 21 years.

Tennis

Wawrinka wraps up Raonic in Shanghai

Canada's Milos Raonic was eliminated from the Shanghai Masters after losing 7-6 (2), 6-4 to Switzerland's Stanislas Wawrinka in the third round on Thursday. THE ASSOCIATED PRESS

Stanislas Wawrinka celebrates Thursday in Shanghai GETTY IMAGES

2015 Pan Am Games

Cyclist named chef de mission

Curt Harnett will be Canada's chef de mission when Toronto hosts the 2015 Pan American Games. Harnett is the only Canadian cyclist to win three Olympic medals, capturing silver in 1984, and then bronze at both the 1992 and 1996 Games. THE CANADIAN PRESS

IndyCar

Franchitti released from hospital

Three-time Indianapolis 500 winner Dario Franchitti was released from hospital Thursday, four days after fracturing his spine and breaking his ankle in an IndyCar crash. He will be replaced by Alex Tagliani in the Oct. 19 season finale. THE ASSOCIATED PRESS

Keeping Jordan's memory alive

In his honour. Parents remember Titan prospect as a kid with a big smile and a kind heart to match

RUTH DAVENPORT
Metro in Halifax

The Bathurst Titan's team photo of Jordan Boyd shows a resolute young man focusing a steely, deadpan gaze on the camera — but there's a crack in the tough-guy attitude: One corner of his mouth is quirking upwards, evidence of his normal beaming smile fighting to break through.

"I'm sure they told him to look tough, but he always had a smile on his face and that's what everybody remembers about him," said Boyd's father Stephen on Thursday.

It's been nearly two months since the 16-year-old Nova Scotian collapsed and died during an on-ice training camp session with the Quebec Major Junior Hockey League's Bathurst Titan.

His mother, Debbie, says it's been two months of "living hell," grieving for her six-foot-one "baby boy" who she watched over at umpteen games and practices over the years. "He was my full-time job," said Debbie, often fighting to speak through tears. "Even when he was away at school last year … he lost his phone a couple of times because he was texting me from class, happy about a good mark or something."

The Bedford Minor Hockey Association has renamed the annual Oktoberfest hockey tournament in Boyd's honour, and his parents will be on hand for the opening ceremony Friday evening at the BMO Centre in Bedford, N.S.

Stephen said he wants people know who Boyd was — a good student considering a career in sports medicine, a devoted friend and boyfriend who loved mugging for the camera, a wakeboarding enthusiast and health nut who held his nose to chug coconut water but couldn't say no to a juicy steak.

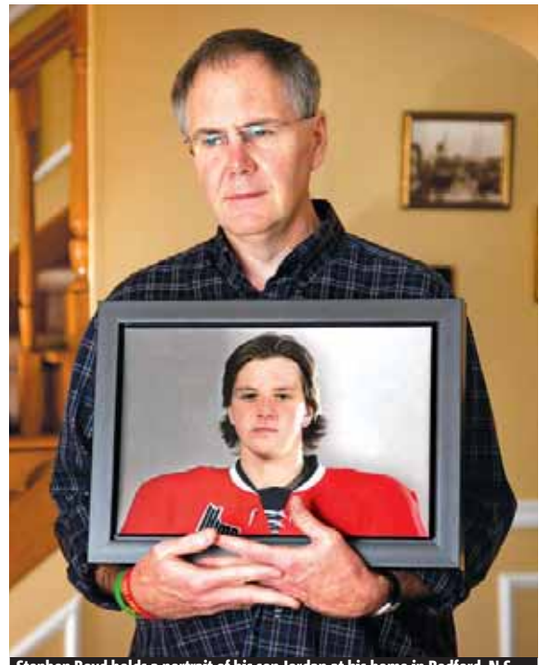
Most telling about Boyd's character are the letters that poured in after his death from complete strangers telling about his kindness. One woman told them he was the only kid who had stuck up for her daughter when classmates started bullying her. A Bathurst mom sent photos of Boyd with her young son during Community Day with the Titan in June, the little boy ecstatic over scoring a ball hockey goal after Boyd made a point of giving him the ball.

"I don't watch hockey, but I thought I'm going to watch that young man," wrote the grateful mother.

'Worth the pain'

The Boyds say it's knowing their son touched so many people that gives them strength to attend public events in his honour.

- "I never want my son forgotten," said Debbie Boyd. "If it helps keep his memory alive, then it's worth the pain."



Stephen Boyd holds a portrait of his son Jordan at his home in Bedford, N.S., on Thursday. Jordan died suddenly at a hockey training camp in August. JEFF HARPER/METRO IN HALIFAX

Awaiting autopsy report

Cause of death still unknown

The Boyds say they're still waiting for the autopsy report to tell them what caused the death of their strapping and apparently fit young son.

They say Jordan trained all summer, doing hill sprints in the muggy weather, without any symptoms of any problems.

"As far as we knew, he was never healthier," said Stephen Boyd. "He went through a pretty rigorous workout program with a trainer this summer."

Typically, sudden deaths in young athletes are caused by hidden heart defects or abnormalities that don't show up on routine examinations — but can sometimes be detected through screening tests.

Debbie Boyd said her son was so health-conscious he ate almond butter instead of peanut butter, wouldn't drink Gatorade because of the sugar content, and even swore off hamburgers. METRO

IndyCar

Franchitti checks out of hospital

Three-time Indianapolis 500 winner Dario Franchitti has been released from a Houston hospital, four days after fracturing his spine and breaking his right ankle in an IndyCar Series crash.

Franchitti is headed back to Indianapolis for further evaluation and will eventually have a second surgery on his ankle. He underwent surgery Sunday night to stabilize his ankle following the accident on the last lap of the Grand Prix of Houston.

THE ASSOCIATED PRESS

NBA

Magic leaves post as ESPN analyst

Magic Johnson won't return to ESPN as an NBA studio analyst because of a busy schedule, he said.

Johnson is part of the ownership group that agreed to buy the Los Angeles Dodgers in 2012. Since retiring from basketball, he has been successful in business, investing in movie theatres, a production company and restaurants.

THE ASSOCIATED PRESS

Women's hockey. Canada, U.S. to get reacquainted on ice in leadup to Sochi

The game might be tactically conservative, but the players won't hold anything else back when the Canadian women's hockey team meets the United States on Saturday.

The Canadian and American women square off in Burlington, Vt., in the first of up to eight meetings before the 2014 Olympic Games in Sochi, Russia, in February. A second exhibition game is scheduled for Oct. 17 in Boisbriand, Que.

Canada and the U.S. have met in the final of all 15 women's world championships, with the Canadians holding a 10-5 record, but the U.S. winning four of the last five world titles. Canada is the three-time defending Olympic champion.

Both teams are training full-time — Canada in Calgary and the U.S. in Bedford, Mass. — so Saturday's game at the University of Vermont is the first chance for each country to see what the other has been up to.

"I don't think either team will expose every part of their game and won't be at 100 per cent in every part of their game, but every time you get to play them it's a great opportunity to learn about your own team and what you need to do to get better," Canadian head coach Dan Church said.

"I think any times these two teams get to play each other, I think emotion takes over and the passion for your national pride comes to the forefront and it becomes a battle. There's a good amount of animosity between the players and ultra-competitiveness." THE CANADIAN PRESS

Meghan Duggan of the U.S. and Tessa Bonhomme of Canada jockey for position during the women's world championship gold-medal game on April 9. GETTY IMAGES FILE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	4	3	1	0	13	10	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Tampa Bay	3	2	1	0	7	7	4
Ottawa	3	1	0	2	8	9	4
Montreal	3	1	2	0	9	8	2
Florida	3	1	2	0	5	11	2
Buffalo	4	0	3	1	4	10	1

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	3	3	0	0	12	3	6
NY Islanders	3	2	0	1	12	7	5
Carolina	3	1	1	1	6	9	3
New Jersey	4	0	1	3	9	15	3
Columbus	2	1	1	0	6	6	2
NY Rangers	3	1	2	0	6	14	2
Washington	3	1	2	0	10	12	2
Philadelphia	4	1	3	0	5	10	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	3	3	0	0	14	4	6
Colorado	3	3	0	0	11	3	6
Winnipeg	3	2	1	0	12	10	4
Chicago	3	1	1	1	10	10	3
Dallas	2	1	1	0	4	5	2
Nashville	3	1	2	0	6	9	2
Minnesota	3	0	1	2	7	10	2

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	3	3	0	0	17	4	6
Vancouver	4	3	1	0	15	12	6
Calgary	4	2	0	2	15	15	6
Anaheim	3	2	1	0	8	11	4
Los Angeles	4	2	2	0	11	13	4
Phoenix	3	1	2	0	6	11	2
Edmonton	3	1	2	0	11	15	2

Note: Two points for a win, one point for overtime loss.

Thursday's results
Colorado at Boston
Columbus at Buffalo
Carolina at Washington
Phoenix at Detroit
Florida at Tampa Bay
Toronto at Nashville
Winnipeg at Minnesota
Montreal at Edmonton
NY Rangers at Anaheim
San Jose at Vancouver

Wednesday's results
Calgary 3 Montreal 2
St. Louis 3 Chicago 2
Los Angeles 4 Ottawa 3 (OT)

Friday's games
All Times Eastern
Los Angeles at Carolina, 7 p.m.
Phoenix at Philadelphia, 7 p.m.
Pittsburgh at Florida, 7:30 p.m.
NY Islanders at Chicago, 8 p.m.
Dallas at Winnipeg, 8 p.m.
New Jersey at Calgary, 9 p.m.

MLB PLAYOFFS

A.L. DIVISION SERIES

(Best-of-5; x — played only if necessary)

BOSTON (1) VS. TAMPA BAY (6)

(Boston wins series 3-1)
Tuesday's result
Boston 3 Tampa Bay 1

OAKLAND (2) VS. DETROIT (3)

(Series tied 2-2)
Thursday's result
Detroit at Oakland
Tuesday's result
Detroit 8 Oakland 6

N.L. DIVISION SERIES

ST. LOUIS (1) VS. PITTSBURGH (4)

(St. Louis wins series 3-2)
Wednesday's result
St. Louis 6 Pittsburgh 1
Monday's result
St. Louis 2 Pittsburgh 1

ATLANTA (2) VS. L.A. DODGERS (3)

(Los Angeles Dodgers wins series 3-1)
Monday's result
L.A. Dodgers 4 Atlanta 3

CFL

WEEK 16

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	14	9	5	0	407	370	18
x-Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	14	11	3	0	446	323	22
x-Saskatchewan	14	9	5	0	419	316	18
x-B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6

x — clinched playoff berth.
Friday's game — All Times Eastern
B.C. at Calgary, 9 p.m.
Saturday's game
Edmonton at Saskatchewan, 4:30 p.m.
Monday, Oct. 14
Winnipeg at Montreal, 1 p.m.
Toronto vs. Hamilton (at Guelph), 4:30 p.m.

NFL

WEEK SIX

Thursday's result
N.Y. Giants at Chicago
Sunday's games — All Times Eastern
Detroit at Cleveland, 1 p.m.
Green Bay at Baltimore, 1 p.m.
St. Louis at Houston, 1 p.m.
Cincinnati at Buffalo, 1 p.m.
Pittsburgh at N.Y. Jets, 1 p.m.
Philadelphia at Tampa Bay, 1 p.m.
Carolina at Minnesota, 1 p.m.
Oakland at Kansas City, 1 p.m.
Tennessee at Seattle, 4:05 p.m.
Jacksonville at Denver, 4:05 p.m.
New Orleans at New England, 4:25 p.m.
Arizona at San Francisco, 4:25 p.m.
Washington at Dallas, 8:30 p.m.
Monday's game
Indianapolis at San Diego, 8:40 p.m.

MLS

Wednesday's results
Houston 0 Kansas City 0
Vancouver 4 Seattle 1
San Jose 1 Colorado 0
Saturday's games
New England at Montreal, 2:30 p.m.
Philadelphia at D.C., 7 p.m.
Chicago at FC Dallas, 8:30 p.m.
Sunday's game — Seattle at Portland, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Why are you so angry? Whatever the reason, you need to get over it because if you don't it will spoil your weekend. You just tell yourself that who or what upset you isn't worth the trouble.

♉ Taurus
April 21 - May 21
You may find it difficult to get your own way today but maybe that's not a bad thing. Sometimes it pays to let other people take decisions for you and the planets suggest this could be one such occasion.

♊ Gemini
May 22 - June 21
Identify your priorities and focus on them to the exclusion of everything else. You may have plenty of physical and mental energy at your disposal, thanks to the Sun in Libra, but it will go fast if you waste it.

♋ Cancer
June 22 - July 23
Listen to your instincts and do what they tell you, even if it puts you at odds with people you work with. Best of all, do something a bit outrageous — it will get you talked about.

♌ Leo
July 24 - Aug. 23
Someone you are fond of will act in a manner that annoys you. Do you speak up about it? Only you can decide but remember, real friends are those who tell the unvarnished truth.

♍ Virgo
Aug. 24 - Sept. 23
If you come on too strong with someone today, your efforts could be self-defeating. Some respond to threats, others to flattery. Get them mixed up and you may get no response.

♎ Libra
Sept. 24 - Oct. 23
What seemed so important earlier in the week does not seem so important now and probably won't mean a thing to you over the weekend. That's good. What else is there in your life you can safely ignore?

♏ Scorpio
Oct. 24 - Nov. 22
Health, wealth and happiness can and will be yours between now and the start of next week. The right opportunities will arrive at the right time. All you have to do is take advantage.

♐ Sagittarius
Nov. 23 - Dec. 21
You may want to shut yourself away and avoid the world at large but if you do, you may miss out on a fun social event. It will be even more fun if you are there, so stop moping.

♑ Capricorn
Dec. 22 - Jan. 20
Opportunities for happiness and success are around you but you will miss them unless you raise your eyes for a moment from whatever mundane task it is you are lost in.

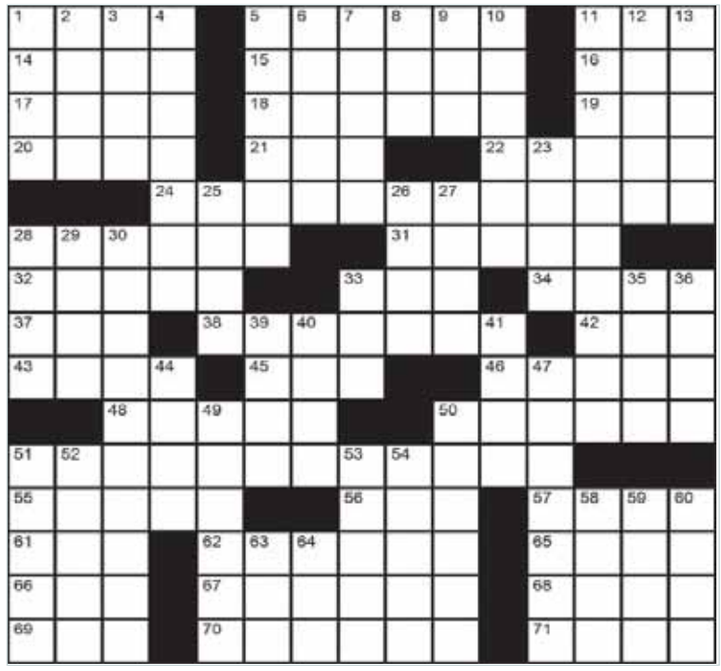
♒ Aquarius
Jan. 21 - Feb. 19
There will be major upheavals in your working life over the next few days but if you stay calm, you will come through unscathed. Not only that but you may find yourself moving swiftly up the ladder of success.

♓ Pisces
Feb. 20 - March 20
There are so opportunities coming your way and if you take advantage of even a few of them, you'll have a major breakthrough. Don't look back and wish you had been more adventurous. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

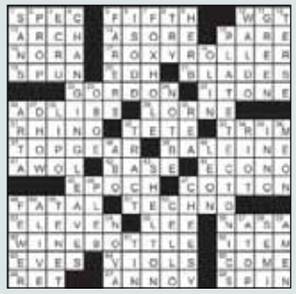
BY KELLY ANN BUCHANAN



Across
1. Pare
5. "Moves Like __" by Maroon 5
11. "Johnny B. Goode" singer ...his initials-sharers
14. Vagabond
15. Where to serve stir-fry veggies: 2 wds.
16. 'Motor' suffix
17. Colossal
18. Away-from-work break
19. Yea ...not
20. Raised flatland
21. Alien sitcom
22. "__ __ big deal really."
24. 'Furiosity' is the new album by this hard rocking Hamilton band: 2 wds.
28. __-cutting ceremony
31. Ingredient in pesto
32. The Koh-_-__ Diamond
33. Mr. Stiller
34. Yacks
37. Fido's foot
38. Vegan's meal choice for #51-Across, perhaps
42. Afternoon social
43. Director Mr. Lee's
45. Vienna's country, for short
46. Without _ __ (Quietly)
48. "You __" by Alanis Morissette
50. Pie parts
51. Fall feast
55. Prefix meaning 'Straight'
56. Funny magazine
57. Clean
61. Singer Ms. DiFranco
62. Fall, as a government
65. Voice variety
66. __-med student
67. Author: French
68. Foul food
69. "My dear fellow."
70. Gets less fresh, as bread
71. Hoopla

Down
1. Group for Van Morrison
2. Knot-maker's need
3. Nile wader
4. El __ Tavern (Famous Toronto music venue)
5. Classical music composer, __ Sebastian Bach
6. Indigo dyes
7. Surgical transplant
8. "Move along!"
9. Old French coin
10. Takes to one's seat again
11. Types of foreign government buildings in Ottawa
12. Mel of funny cartoon voices
13. Give the green-light: 2 wds.
23. Li'l math course
25. __ cloud, as per Astronomy
26. Celebrity hairstylist Jose
27. Grade
28. Daytime TV's Kelly
29. __ uproar: 2 wds.
30. Frigidly formidable formation in Banff National Park: 2 wds.
33. The Hollies hit: "__ Stop"
35. Red veggie
36. Drains
39. Voyageur's blades
40. Juno-winning composer, Vivian __
41. Scarf stuff
44. Put in the post
47. Village in Nova Scotia
49. Some large dogs
50. Apple drinks
51. Snares
52. Mr. 'Pocket Rocket' Richard, Hockey Hall of Famer
53. Urge forward
54. Appraise
58. Calista's defining TV role
59. Cease
60. Wish for
63. Trendy no more
64. Harper Valley, e.g.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	6	2	1	4	5	8	7	3
1	5	3	8	2	7	4	6	9
4	8	7	6	3	9	5	2	1
2	7	9	5	8	6	3	1	4
6	3	8	4	7	1	2	9	5
5	4	1	3	9	2	6	8	7
7	9	5	2	6	3	1	4	8
8	1	6	9	5	4	7	3	2
3	2	4	7	1	8	9	5	6

	1		6	2	3		4	
2								6
		4				1		
6	4		1		8		7	2
				4				
1	8		9		7		3	4
		1				3		
5								9
	3		4	5	1		6	

Today 21°/7° Sunny
Saturday 20°/9° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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